Department of Radiology
Hospital of the University of Pennsylvania
Perelman Center for Advanced Medicine
Philadelphia, PA 19104

Patient Prep & Instructions
Scheduled Test: PET Cardiac Sarcoid Scan

Date: ________________ Time: ________________

Where: Nuclear Medicine Division of Radiology Department, Perelman Center for Advanced Medicine, Ground Floor

Purpose: To evaluate for possible cardiac sarcoidosis

Preparation: Patient should be fasting overnight or at least 6 hours prior to scan and well hydrated. This includes no gum or hard candy. Patient should follow a high protein, low-carb diet (attached). If you are diabetic, talk to your physician about what medicines to take and when to take them.

Diabetics that have a glucose level >200 mg/dl may be rescheduled.

Procedure: Your blood glucose level will be checked. A radioactive tracer, 18 FDG, will be administered. The tracer will be allowed to circulate for approximately 60 minutes. Imaging will take approximately 30-45 minutes.

After Care: You may resume your normal lifestyle.

If you have any questions about your scheduled test, please contact the Nuclear Medicine/PET Department at 215-615-5968 or 215-662-7662.

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Instructions for Cardiac Sarcoidosis Studies

- Follow a no-carbohydrate, high-fat diet for the entire day prior to the study.
- For the last meal on the day before the study, eat a high-fat meal.
- The day of the study: nothing to eat or drink except water and necessary medications.

Sarcoid Diet:
This is by no means an exhaustive list, but here's a sampling of the kinds of foods you can eat when following a very strict low-carb, high-fat plan:

**Beverages:**
- club soda, coffee, tea, herbal tea (without sugar), iced tea, mineral water, seltzer, water

**Cheese:**
- Any real cheese (no processed cheeses like Velveeta)

**Condiments & Seasonings:**
- Anything that does not contain sugar

**Dairy Products:**
- butter, crème fraîche, heavy (whipping) cream, sour cream

**Fats/Oils:**
- animal fats that are part of the meat you eat, butter margarine, vegetable oils (olive, peanut, walnut, sesame, safflower, rapeseed)

**Fish:**
- Any non-processed fish

**Meats:**
- Any non-processed meat

**Poultry:**
- Any non-processed poultry, along with their eggs

**Shellfish:**
- Any non-processed shellfish

**Sweeteners:**
- acesulfame-K, aspartame (NutraSweet), saccharine (Sweet ‘N Low), stevia, sucralose (Splenda)

**Vegetables:**
- alfalfa sprouts, artichokes, asparagus, bean sprouts, bok choy, broccoli sprouts, broccoli, brussel sprouts, cabbage, celery, cucumber, eggplant, fennel, greens (collard, turnip, beet), jicama, kohlrabi, any lettuce (iceberg, romaine, boston, bibb, etc.), mushrooms, okra, olives (if not processed with sugar), onions (including leeks, scallions, shallots), palm hearts, peppers, radishes, summer squash, tomatoes, turnips, zucchini, and any fresh herb.

Forbidden Foods:
- Sugar in any form is strictly forbidden (including natural sugars in fruit)
- No pastas, breads, cereals, rice
- No candy or gum
- Processed products such as deli meats are discouraged. These products often contain hidden sugars.
- Starchy vegetables are not permitted.
- Corn, peas, carrots, most legumes, grains, and potatoes are not permitted.

Last updated: May 2009