

Inpatient Diet for PET Scan for Cardiac Sarcoidosis

Your examination requires a special diet for 24 hours prior to the procedure. For 18 hours, you will receive foods that have trace amounts of carbohydrate and are high in fat. The 6 hours before the procedure you will be NPO, which means no food by mouth.

18 hours: High fat, no carbohydrate diet	6 hours: NPO
--	--------------

This diet must be strictly followed or the examination may be rescheduled. Your insulin regimen may need to be adjusted while you are on this diet. It is important to consume as many items on the tray (including butter pats) so that you meet the high fat requirements.

You will receive three pre-planned meals as indicated below. Substitutions cannot be made.

The menu may be limited for patients who are vegetarian, vegan, have fish or egg allergies, or have dietary preferences that restrict pork.

We have nutrition staff available from 7:00 am - 4:00 pm to answer questions you may have about your diet. Please let your nurse know if you would like to speak with a nutrition representative.

Breakfast

Bacon strips (4)
 Scrambled eggs (3 servings)
 Butter, Salt, Pepper
 Chamomile tea

Dinner

Bacon strips (4)
 Scrambled eggs (2 servings)
 Seared chicken breast (2)
 Butter, Salt, Pepper
 Chamomile tea

Lunch

Bacon strips (4)
 Pan seared salmon
 Hardboiled egg, cold (2)
 Butter, Salt, Pepper
 Chamomile tea

