

Suggested meals for the day before PET-CT

All meals should be accompanied with unsweetened or artificially sweetened coffee, tea, or water.

Breakfast	Serving Size
Natural or organic peanut butter	2 tablespoons
Light yogurt	
Lunch	Serving Size
Whole wheat bread	1 slice of regular or 2 slices of diet
Mayonnaise	2 tablespoons
Turkey, chicken, tuna, ham, or other luncheon meat	3 ounces
Egg salad	
Lettuce	
Cheese	1 ounce
Cottage cheese	1/2 cup
Dinner	Serving Size
Beef, pork, chicken, turkey, or other meat or fish; not breaded and grilled, baked, or broiled	3 ounces
Salad greens	
Green beans	1/2 cup
Sour cream	2 tablespoons
Butter	2 tablespoons

Your Appointment: Date _____ Time _____

Location (check one):

- UPMC Hillman Cancer Center at Heritage Valley Health System, Moon*
- Heritage Valley Radiation Oncology, Chippewa *
- UPMC Hillman Cancer Center at UPMC Natrona Heights*
- UPMC Hillman Cancer Center at John P. Murtha Pavilion
- UPMC Horizon, Greenville*
- UPMC Horizon, Shenango*
- UPMC Northwest, Laboratory Services Center, Reno*
- Uniontown Hospital Radiation Oncology*
- Washington Health System Radiation Oncology
- UPMC Shadyside
- St. Clair Hospital Cancer Center

