



Treatments Against RA and Effect on FDG PET-CT: The TARGET Trial

FDG-PET/CT Pre-Scan Diet

Because the scan uses radiolabeled glucose as a tracer to take the images, high blood glucose will make the scan ineffective. Participants should fast and avoid sugary foods before their scans. Please follow both the Dietary Restrictions and Fasting Requirement listed below.

DIETARY RESTRICTIONS:

After **5:00pm** on the day before the imaging study, please adhere to the following guidelines:

Foods participants CANNOT have:	Foods participants CAN have:	Examples of Permitted Meals
<ul style="list-style-type: none"> • Bread, pasta, rice, or cereal • Fruit or fruit juice • Starchy vegetables such as potatoes • Sweet vegetables such as carrots or corn • Candy, cookies, soda, or other sweets • Salad dressing with added sugar or sweetener • Milk or yogurt • Alcohol • 	<ul style="list-style-type: none"> • Meat, poultry, fish, or tofu • Eggs • Small amounts of cheese • Nuts or peanut butter • Leafy green vegetables • Unsweetened black coffee or tea (with no milk added) 	<ul style="list-style-type: none"> • Grilled chicken or steak with sautéed spinach • Eggs with ham or bacon • Celery and peanut butter

FASTING REQUIREMENT:

Morning Scans

Participants being imaged in the morning must have fasted for at least 10 hours the previous night. For example, if you have a 9am appointment, you must fast after 11PM the night prior to your scan.

Afternoon Scans

Participants being imaged in the afternoon must have fasted for at least 10 hours the previous night. However, participants may have a breakfast from the recommended menu and then must fast again for at least 4 hours prior to imaging appointment. For example, if you have a 1:30PM appointment, you can fast from 11PM to 9AM, have a low-carb breakfast from 9-9:30AM, and then fast again from 9:30AM to 1:30PM.