



PET/CT DIABETIC INSTRUCTIONS

IT IS VERY IMPORATANT THAT YOU MANAGE YOUR SUGAR INTAKE PRIOR TO YOUR EXAM. PLEASE BE AWARE IF BLOOD SUGAR IS OVER 175 THE MORNING OF YOUR EXAM WE WILL NOT BE ABLE TO DO YOUR EXAM.

- **NO FOOD OR DRINK 6 HOURS PRIOR TO YOUR APPOINTMENT (WATER ONLY).**
- INCREASE WATER INTAKE FOR 48 HOURS PRIOR TO EXAM. YOU NEED TO BE WELL HYDRATED.
- NO STRENUOUS EXERCISE, NO GUM CHEWING, NO SMOKING, NO CAFFEINE, NO ALCOHOL, NO NICOTINE FOR 24 HOURS PRIOR.
- AVOID COLD TEMPERATURES AND STAY WARM FOR 48 HOURS PRIOR.
- DO NOT BRING CHILDREN WITH YOU TO YOUR APPOINTMENT. BE AWARE YOU SHOULD AVOID PREGNANT WOMEN AND SMALL CHILDREN FOR 6 HOURS AFTER YOUR EXAM.
- IF YOU ARE BEING SEDATED, PLEASE BE AWARE A DRIVER MUST COME IN AND SIGN AT REGISTRATION.
- PLEASE BE AWARE YOUR EXAM MAY TAKE UP TO 3 HOURS.

IF YOUR FASTING BLOOD SUGAR IS LESS THAN 130 WITH IN THE LAST 3-5 DAYS :

- Take all of your medicine and eat food as you have done the past few days. **NO FOOD or DRINK 6 HOURS PRIOR (WATER OK).**
- THE MORNING OF YOUR EXAM:
- IF YOU TAKE **GLIPAZIDE** OR **GLYBURIDE** IN THE MORNING TAKE ½ OF YOUR USUAL DOSE.
- IF YOU TAKE **METFORMIN, ACARBOSE (PERCOSE) OR JENUVIA, DO NOT TAKE IT.**
- IF YOU TAKE **INSULIN, DO NOT TAKE IT THE MORNING OF YOUR EXAM**

IF YOUR FASTING BLOOD SUGAR IS BETWEEN 130-175 IN THE LAST 3-5 DAYS:

- PLEASE FOLLOW A LOW/CARB DIET FOR 48-72 HOURS PRIOR TO EXAM.
- **DO NOT EAT:** Cereals, breads, jams, jellies, peas, corn, potatoes, tortillas, fruits, juices, gravies, milk including non-dairy milk, pasta, sugar, candy, honey, alcohol, and rice.
- **FOODS ALLOWED:** All meats (proteins), tofu, hard cheeses, oil, butter, margarine, eggs, and non-starchy vegetables. (*Examples of non-starchy vegetables: Artichoke, sprouts, avocado, bamboo shoots , beans , boc Choy, broccoli, cabbage, cauliflower, celery, cucumber, egg plant, onions, greens, jicama, leeks, lettuce, mushrooms, okra, parsley, peppers, radishes, rhubarb, rutabaga, snow peas, spinach, squash, Swiss chard turnips, zucchini, watercress, water chestnuts*)
- Take all of your medicine and eat food as you have done the past few days. **NO FOOD or DRINK**

6 HOURS PRIOR (WATER ONLY) .

- THE MORNING OF YOUR EXAM:
- IF YOU TAKE **GLIPAZIDE** OR **GLYBURIDE** IN THE MORNING TAKE ½ OF YOUR USUAL DOSE.
- IF YOU TAKE **METFORMIN**, **ACARBOSE(PERCOSE)** OR **JENUVIA** , **DO NOT TAKE IT.**
- IF YOU TAKE **INSULIN**, **DO NOT TAKE IT** THE MORNING OF YOUR EXAM

IF YOU FASTING BLOOD SUGAR IS OVER 200 WITH IN THE LAST 3-5 DAYS:

- PLEASE CONTACT THE SITE TO DISCUSS YOUR OPTIONS.

IF YOU ARE ON AN INSULIN PUMP:

- CONTINUE WITH PUMP SET AT BASAL RATE .
- WATER ONLY 6 HOURS PRIOR TO YOUR EXAM.

If you have any questions, please call Lisa G.@ (209) 475-9871 ext 115.