



PET SCAN PREP – DIABETIC PATIENTS

Please **arrive 30 minutes prior** to the exam.

No vigorous exercise for 24 hours prior to your PET Scan.

No caffeine for 24 hours prior to your PET Scan.

It is recommended you follow a high protein, low carbohydrate diet for 24 hours prior to your test to improve the quality of your PET Scan images.

No food or drink prior to your appointment (including gum, mints, cough drops, or anything that may contain sugar). You may have as much plain water as you wish to drink up to the time of your test (no flavored water, coffee or tea).

Take medications as scheduled prior to your appointment, as long as they are tolerated on an empty stomach, with exceptions to diabetes medications listed below. Blood sugar level must be normal 70-100mg/dl or below 150mg/dl in order to perform the exam.

The day of your test, please wear comfortable clothing **NO METAL**, without snaps, zippers or buttons.

If you take pain or anxiety medication, you may take these one hour prior to your test.

Please allow 2 to 3 hours for your exam. You must be able to lay still and mostly flat for 30 to 45 minutes.

You should avoid contact with children post-PET scan for 6-8 hours.

PLEASE BRING PREVIOUS CD'S ON ANY CT'S, MRI'S, ULTRASOUNDS OR PET SCANS DONE AT ANY FACILITY OTHER THAN A JUPITER MEDICAL CENTER FACILITY, AS WELL AS PATHOLOGY REPORTS.

Type I Diabetes: Your PET Scan should be scheduled early in the AM. Take the usual insulin doses the day before your PET Scan. **Fast after midnight**. On the morning of the exam, hold all insulin until your test is complete.

Type II Diabetes: If your diabetes is diet controlled, or if you are on oral medications like Metformin or Thiazolidinediones, you may have your PET Scan in the morning or afternoon, as long as you are **fasting at least 4 hours prior to your scan**. Please take these medications at your normal time.

If you are on oral medications sulphonylurea, insulin secretagogues, or insulin, your PET Scan should be scheduled early in the AM. **You should be fasting after midnight** and hold your diabetes medication/insulin until after your PET Scan. After your test, you can take your medication/insulin with breakfast.

If your fasting morning glucose tends to be under 70mg/dl, please drink a glass of juice before coming for your PET Scan appointment. Your serum glucose will be closely monitored.

CALL 561-263-3380 IF YOU HAVE ANY QUESTIONS.