DIABETIC PATIENT INSTRUCTIONS

ON THE DAY BEFORE YOUR PET SCAN: Please follow a low-sugar, low-carbohydrate diet and avoid caffeinated beverages. Take your usual medications, including insulin and oral diabetic medications. Avoid exercise for 24 hours before your scan including gardening, walking on a treadmill, etc.

Also, drink plenty of water on the day before and the day of your PET scan.

On the day of your PET scan please follow the below instructions.

IF YOUR PET SCAN IS SCHEDULED FOR 10 AM OR BEFORE (PREFERRED):

1) Fast after 10 PM except for plain water and non-diabetic oral medications. No chewing gum, mints, candies, or syrup-based medications like cough syrup.
2) Do NOT take insulin or oral diabetic medications after midnight on the day of your scan.

IF YOUR PET SCAN IS SCHEDULED FOR AFTER 10 AM:

1) Eat a low-sugar, low-carbohydrate breakfast (no caffeine) at least 4 hours before your appointment.
2) Take your usual oral diabetic medications, if any, with breakfast.
3) If you take insulin, inject ½ of your usual regular (short-acting) insulin at least 4 hours before your appointment. Do not use long-acting or mixed (70/30) insulin after midnight.
4) Fast except for plain water and non-diabetic oral medications beginning at least 4 hours before your appointment. No chewing gum, mints, candies, or syrup-based medications like cough syrup.

AFTER THE COMPLETION OF YOUR PET SCAN:

1) You should eat as soon as possible after your PET scan. You may resume your usual diet.
2) If you take oral diabetic medications and have not already done so, take the usual medications that you would normally take with breakfast with your post PET meal.
3) If you take insulin, take ½ of your usual morning dose with your post PET meal.
4) Resume your usual routine thereafter.

If your blood glucose level falls below 70 mg/dl or if you experience any symptoms of hypoglycemia while fasting for your scan, please immediately treat your low blood sugar in your usual way. Then call us to reschedule your scan. Do not let your blood sugar level go so low as to be unsafe at any time.

Please feel free to call us with any questions at 401-444-7383.

Dr. Richard Noto (May 2012)