

Insulin Dependent Diabetic

Preparing for your PET/CT Scan

In addition to these instructions, please refer to the PET/CT pamphlet.

The week before your scan:

- Your blood glucose level will need to be less than 150 mg/dL on the day of your scan. If you have trouble regulating your blood glucose level, please consult your diabetes provider prior to the scan. Tell your provider that you will not be able to inject insulin the morning of your scan and ask for help regulating your blood glucose levels. (Exceptions may apply if you are on an insulin pump.)
- Do a "practice run" at least 5 days before your scan, to make sure you can achieve a morning blood glucose level between 70-150 mg/dL. If your morning blood glucose level is greater than 150mg/dL, please call us at 206-223-6901 to discuss.

Two days before your scan:

- Follow a high protein, low-carbohydrate diet. (Refer to PET/CT pamphlet for details)

The day before your scan:

- Continue to follow the high-protein, low-carbohydrate diet.
- Take your usual insulin dose with meals.
- No exercise or physical activity.
- **Stop eating 12 hours before your appointment.** Water only. No gum, mints, vitamins.
- Take non-diabetic medications as needed, except ones containing sugar.
- If you take a bedtime dose of insulin, you may take this as ordered, but make sure to have a high protein snack right before your 12-hour fast.
- If you normally inject long-acting insulin in the morning, you may need to take it the evening before your scan.

The morning of your scan:

- Do NOT inject insulin the day of your scan.
- Do not eat. (No food, gum, mints, or vitamins) You will need to continue fasting until your scan is complete – a total of about 15 hours.
- You may drink water only.
- Take non-diabetic medications as needed, with water only.
- Your blood glucose level will need to be between 70-150 mg/dL on the morning of your scan. If your blood glucose is greater than 150mg/dL, your test may need to be rescheduled.
- If you are having symptoms of hypoglycemia, treat your low blood glucose as needed and call us at 206-223-6901 to reschedule your exam. Do not let your blood sugar go too low.



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