

# Non-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.
- 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:**

- Avoid eating carbohydrates.
- No exercise or physical activity.
- If you normally take Metformin, take your morning dose, but skip the evening dose.
- If you normally take Victoza, Byetta, or other non-insulin diabetic medications, take them as usual.
- **Stop eating 12 hours before your appointment.** No food, gum, mints, or vitamins. You may drink water only.

### **The morning of your scan:**

- Do NOT take your morning diabetic medications.
- Do not inject Victoza or Byetta.
- 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.
- Take non-diabetes 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 150 mg/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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