



## Patient Information & Instructions For Your PET/CT Examination

### INFORMATION ABOUT YOUR PET/CT

1. Your PET/CT will be performed at: **Royal University Hospital  
Room G606 - 103 Hospital Drive  
Saskatoon, Sk.  
S7K 0W8**
2. Your appointment date for your PET/CT scan is: \_\_\_\_\_ at \_\_\_\_\_  AM  
 PM  
If you have any questions about your PET/CT scan, please call: **(306)-655-3340**
3. Because of the importance of a person's blood glucose levels, **all** patients will have their blood sugar tested before their exam. A sample of blood will be taken by pricking the finger and that sample will then be used to measure the amount of glucose in your system.
4. Plan on being at the testing center approximately 2-3 hours.

### INSTRUCTIONS FOR YOUR PET/CT SCAN

- Patient should have nothing to eat 6 hours prior to exam. No food, juice, milk, coffee, tea, gum, candies. Patient can take normal medications except for diabetic or syrup based medications.
- Avoid any strenuous exercise 24-36 hours prior to your appointment.
- Drinking plain water is encouraged prior to your exam in order to stay hydrated.
- Keep warm 24-36 hours prior to your study. No exposing yourself to cold temperatures for prolonged periods if possible.
- If there is a chance you may be pregnant, you must have a pregnancy test prior to your scan. If you have any questions regarding the possibility of being pregnant, please call the number located above.
- If breastfeeding, special precautions need to be made. Pump and bottle feed 48 hours prior to your appointment. You should pump and discard breast milk for 6 hours after your examination, then continue as normal.
- Wear comfortable loose fitting clothes that do not have metal snaps or zippers. Please refrain from wearing jewellery.
- Diabetic patients need a blood glucose level of less than 11mmol/L. If your numbers are higher than 11mmol/L the day of your exam, you may have to be rescheduled for a later date. If you have any questions regarding your blood glucose level, please contact us at: 306-655-3340.
- **Diabetics: Do NOT take your insulin the day of your exam. If you are diabetic please follow diabetic specific instructions located on the reverse side of this paper.**

## **Suggested Diet Preparation for Diabetics** **Prior to their PET/CT**

Your blood sugar level must be below 11.1 mmol/L at the time of your appointment (optimally below 8.3 mmol/L). Consult with your physician to determine the safest way possible to manage your blood sugar level before your scan.

3 days prior to your appointment, you should do a practice run and check your blood glucose level in the morning before eating to see if you are below 11.1 mmol/L. Call us if your blood glucose exceeds this level on this day.

### **Type I Diabetes:**

The PET/CT scan should ideally be scheduled in the morning. Take the usual insulin doses the day before the PET/CT scan. Do not eat for 6 hours prior to exam. On the morning of your scan; hold all insulin until test is complete.

Please see instructions on taking insulin after your exam below.

### **Type II Diabetes:**

#### **Instructions for Diet-Controlled Diabetics**

- Fast for 6 hours prior to exam, stay hydrated with water only.
- Do not eat or drink (except water), no gum, candies, or syrupy medications for 6 hours prior to your scan. You may take your regularly scheduled medications with water prior to your exam.

#### **Instructions for Diabetics controlled with Oral Medication**

- **Metformin or Thiazolidinediones:** Take usual doses on day of scan. Do not eat or drink (except water), no gum, candies or syrupy medications for 6 hours prior to your scan. You may take your regularly scheduled medications with water prior to your exam. If you normally have a very low blood sugar level (<4mmol/L) after fasting, skip your diabetic medication the morning of the scan.
- **Sulphonylurea, Insulin Secretagogues:** Schedule appointment for early morning. Do not eat or drink (except water), no gum, candies or syrupy medications 6 hours prior to your scan. Do not take diabetes medication on the morning of the PET/CT. After your scan is finished, take usual diabetes medication with your next meal.

#### **Instructions for Type II Diabetics on Insulin**

- Your PET/CT scan should be scheduled early in the morning. Take the usual insulin doses the day before the PET/CT scan. Fast for 6 hours prior to exam. On the morning of your exam, do not eat or take any insulin within 6 hours of your exam.

#### **Insulin Dosage Instructions AFTER your PET/CT Scan for Type I and Type II Diabetics**

- Short acting insulin-take usual dose with your meal after the exam. Do not take any insulin within 6 hours of your appointment.
- Long acting insulin-(if long acting insulin is taken each morning)
  - Take 50% of usual dose of long acting insulin with your next meal if long acting is used twice daily.
  - Take 75% of usual dose of long acting insulin with your next meal if long acting insulin is taken once daily

After this, return to usual regimen.