



STOCKTON HEMATOLOGY ONCOLOGY MEDICAL GROUP, INC.
2626 N. California Street, Suite H, Stockton CA 95204

PET/CT DIABETIC INSTRUCTIONS

IT IS VERY IMPORTANT THAT YOU MANAGE YOUR SUGAR INTAKE PRIOR TO YOUR EXAM.
PLEASE BE AWARE IF BLOOD SUGAR IS OVER 200 IN THE MORNING OF YOUR EXAM WE WILL NOT BE ABLE TO DO YOUR EXAM.

- **NO FOOD OR DRINK 6 HOURS PRIOR TO YOUR APPOINTMENT (WATER ONLY).**
- **THE MORNING OF YOUR EXAM:**
 - IF YOU TAKE **GLIPAZIDE OR GLYBURIDE** IN THE MORNING TAKE ½ OF YOUR USUAL DOSE.
 - **IF YOU TAKE METFORMIN, ACARBOSE (PERCOSE) OR JENUVIA, DO NOT TAKE IT.**
 - **IF YOU TAKE INSULIN, DO NOT TAKE IT THE MORNING OF YOUR EXAM.**
- INCREASE WATER INTAKE FOR 48 HOURS PRIOR TO EXAM. YOU NEED TO BE WELL HYDRATED.
- NO STRENUOUS EXERCISE, NO GUM CHEWING, NO SMOKING, NO CAFFEINE, NO ALCOHOL, NO NICOTINE FOR 24 HOURS PRIOR.
- AVOID COLD TEMPERATURES AND STAY WARM FOR 48 HOURS PRIOR.
- DO NOT BRING CHILDREN WITH YOU TO YOUR APPOINTMENT. BE AWARE YOU SHOULD AVOID PREGNANT WOMEN AND SMALL CHILDREN FOR 6 HOURS AFTER YOUR EXAM.
- PLEASE BE AWARE YOUR EXAM MAY TAKE UP TO 2 HOURS FROM START TO FINISH
- PLEASE FOLLOW A LOW/CARB DIET FOR 48-72 HOURS PRIOR TO EXAM. If your blood sugar has been over 150 for the last 3 days follow these instructions for 72-96 hours.
- **DO NOT EAT:** Cereals, breads, jakes, jellies, peas, corn, potatoes, tortillas, fruits, juices, gravies, milk including non-dairy milk, pasta, sugar, candy, honey, alcohol, and rice.
- **FOODS ALLOWED:** All meats (proteins), tofu, hard cheeses, oil, butter, margarine, eggs, and non-starchy vegetables.

IF YOUR FASTING BLOOD SUGAR IS OVER 200 WITH IN THE LAST 3-5 DAYS:

- PLEASE CONTACT THE SITE TO DISCUSS YOUR OPTIONS.

IF YOU ARE ON AN INSULIN PUMP:

- CONTINUE WITH PUMP SET AT BASAL RATE.
- WATER ONLY 6 HOURS PRIOR TO YOUR EXAM.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL VERONICA or HANNA @ (209)292-8542



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