



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

NAME: _____ APPOINTMENT DATE: _____
APPOINTMENT TIME: _____ CHECK IN TIME: _____

APPOINTMENT MUST BE CONFIRMED THE DAY BEFORE

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 THE MORNING OF YOUR EXAM, WE WILL NOT BE ABLE TO DO YOUR EXAM.

- **NO FOOD OR DRINKS 6 HOURS PRIOR TO YOUR APPOINTMENT (PLAIN WATER ONLY)**
THIS ALSO INCLUDES NO SUGAR-FREE ITEMS, NO GUM, NO MINTS, NO CANDY, NO FLAVORED/ELECTROLYTE WATER, ETC.
- **PLEASE FOLLOW A NO CARB/NO SUGAR DIET FOR 24 HOURS PRIOR TO EXAM.**

If your blood sugar has been over 150 for the last 3 days, follow the No Carbs/No Sugar instructions for 48-72 hours. If your fasting blood sugar is over 200 within the last 3-5 days, please call us to discuss your options.

- **DO NOT EAT:** Cereals, breads, jams, 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; broccoli, cucumber, avocado, lettuce, onion
- **MEDICATION RESTRICTIONS:**
 - **If you use injectables or an insulin pen:**
 - RAPID-ACTING OR SHORT-ACTING INSULIN SHOULD BE TAKEN 6 OR MORE HOURS BEFORE THE APPOINTMENT
 - INTERMEDIATE OR LONG-ACTING INSULIN SHOULD NOT BE ADMINISTERED ON THE DAY OF THE SCAN. IT SHOULD BE TAKEN 12 HOURS BEFORE APPOINTMENT
 - **If you are on oral medications:**
 - SHOULD BE TAKEN 6 OR MORE HOURS BEFORE THE APPOINTMENT
 - **If you are on an insulin pump:**
 - PUMP SHOULD BE SET AT BASAL RATE THE DAY OF YOUR APPOINTMENT
- **INCREASE WATER INTAKE** FOR 48 HOURS PRIOR TO EXAM.
- **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, NO ONE UNDER THE AGE OF 16 ALLOWED INSIDE RADIOLOGY AREA
- PLEASE BE AWARE YOUR EXAM MAY TAKE UP TO 2 HOURS FROM START TO FINISH
- PLEASE **WEAR LOOSE COMFORTABLE CLOTHING WITH NO METAL ATTACHED**, THIS INCLUDES NO METAL UNDERWIRE BRAS.
- **ONCE AN APPOINTMENT HAS BEEN CONFIRMED, A \$150 CANCELLATION FEE WILL INCUR IF THE APPOINTMENT IS NOT KEPT FOR THE LOST RADIOPHARMACEUTICAL.**

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US DIRECTLY AT
(209)292-8542 OR AT pet@shomg.net