



### YOUR APPOINTMENT :

TIME:

DATE:

**Note:** Please arrive at least 30 minutes prior to your appointment to complete prescreening paperwork

We are here to help! If you have any questions, please call us at **919.938.7749**.

### HOW TO PREPARE FOR YOUR PET/CT EXAM

Your upcoming PET/CT exam requires the use of a radiopharmaceutical called FDG. FDG mimics glucose, the body's main sugar, which diabetic patients have trouble processing. In order to complete your scan, your blood sugar **MUST** be **50-200** mg/dL at the time of your scan. If your blood sugar is out of range **DO NOT CANCEL** your appointment. Our team will determine if your scan can be completed.

#### To arrive to your appointment within range, we recommend you:

- » Try a test run with the sample menu provided a week or two before your exam. Then test your sugar the next morning to see if your sugar is in the **50-200** mg/dL range.
- » If possible, schedule your PET/CT exam after 1pm. This will allow time to take insulin or oral medications 4 hours before your appointment.
- » Test your glucose level when you wake up. Your blood sugar must be **50-200** mg/dL at the time of your appointment to perform your exam.

#### Please do not eat or drink the following the day before or the day of your exam:

- » Gum, mints or cough drops
- » Carbohydrates including breads, pastries, cereal, pasta, noodles, muffins, sugar, candy
- » Starches such as potatoes, rice, pizza, pretzels, chips
- » Any fruit including tomatoes, fruit juices, jams, jellies
- » Honey, syrup, dressings, gravies, ketchup
- » Soft drinks, milk, soy milk, tonic water, & flavored water
- » Starchy vegetables: corn, lima beans, soy beans, peas, yams, carrots, or legumes
- » Caffeinated or alcoholic beverages
- » Energy or sports drinks

### YOUR MEDICATION AND PET/CT

#### If you are on an insulin pump:

- » When you wake up, test your sugar. If you are out of range, you may do a correction dose if it is 4 hours before your appointment.
- » You may keep your pump on its normal basal rate.
- » Eat a low-carb, high-protein breakfast 4 hours prior to your appointment. You may bolus for this meal. After this meal you must fast for 4 hours before your appointment, drinking only plain, non-flavored water.

#### If you use injectables or an insulin pen:

- » When you wake up, test your sugar. If you are out of range, you may do a correction dose if it is 4 hours prior to your appointment.
- » You may take your long-acting insulin if it is 4 hours prior to your appointment.
- » Eat a low-carb, high protein breakfast 4 hours prior to your appointment. You may bolus for this meal. After this meal you must fast for 4 hours before your appointment, drinking only plain, non-flavored water.

#### If you are on oral medications:

- » When you wake up, test your sugar if that is part of your daily routine. If your sugar is high, please drink lots of water to try and help lower your blood glucose.
- » You may take your oral medications 4 hours prior to your appointment.
- » Eat a low-carb, high protein breakfast 4 hours prior to your appointment. After this meal you must fast for 4 hours before your appointment, drinking only plain, non-flavored water.

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Services provided by



509 N. Bright Leaf Blvd.. Smithfield, NC 27577

**Scheduling: 919.938.7749**

# DIABETIC MENU A LA PET/CT

To ensure that your blood sugar level is within range to perform the exam, we have created a high protein, low carbohydrate sample menu with meal ideas for you to enjoy the day before your exam.

## ON THE DAY OF YOUR EXAM

- » Do not eat or drink anything except plain, clear, unflavored water for 4 hours before your appointment (no gum, mints or cough drops).
- » Do not smoke or use nicotine products for at least 6 hours prior to exam.
- » Drink 2-3 cups of plain, clear, unflavored water only throughout the fasting period (no juice, coffee, Gatorade, tea or soda).



## A menu to help you stay within the necessary glucose range to complete your scan:

### BREAKFAST

- Ham and cheese omelet
- Veggie and cheese omelet
- Eggs with bacon or sausage
- Light yogurt
- Plenty of water

### LUNCH

- Egg salad on lettuce
- Tuna salad on lettuce
- Deli meat, cheese with a lettuce wrap
- Grilled chicken or tofu
- Plenty of water

### DINNER

- Bunless cheeseburger
- Grilled chicken with green beans or broccoli
- Grilled steak with green beans, broccoli, or zucchini
- Grilled fish with green beans, broccoli, or zucchini
- Spinach salad with mushrooms, bell peppers and chicken with olive oil and vinegar dressing
- Tuna salad on lettuce
- Deli meat, cheese with a lettuce wrap
- Grilled chicken or tofu
- Plenty of water

For 24 hours prior to your appointment, refrain from heavy lifting, yard work or aerobic activity such as golf, running, or biking.

### COVID-19 SAFETY INFORMATION:

We are committed to the safety and well-being of our patients and staff. To learn more, visit [www.johnstonhealth.org/covid-restrictions](http://www.johnstonhealth.org/covid-restrictions)

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