

## Diabetic Patient Preparation Guidance for PET/CT

### Insulin Controlled Diabetes - IDDM

In preparation for your PET/CT Scan please adhere to the following:

- Have a meal with your insulin 4 hours prior to your appointment – after this you must not have any more food or insulin before your scan. If you begin to suffer symptoms of hypoglycaemia in this time please contact the Nuclear Medicine Department for advice on 01792 517 965.
- If you also take diabetic tablets or non-insulin injectable diabetic medication in addition to insulin and have not received guidance on how to take this before the appointment, please contact the Nuclear Medicine Department for advice on 01792 517 965.
- Do not drink anything other than plain tap water for 4 hours prior to your appointment.
- Please drink 1-2 pints of plain tap water during the 2 hours prior to the scan appointment time (please note that you do not need to have a full bladder for the procedure)
- Take all non-diabetic medications on the day of your scan unless instructed otherwise by the bookings team
- We would advise that you take a packed lunch and your diabetic medication with you to your appointment to have, if required, once you have finished your scan

### Non-Insulin Controlled Diabetes (Tablet or Non-Insulin Injectable Diabetic Medication) - NIDDM

In preparation for your PET/CT Scan please adhere to the following:

- Do not have anything to eat for 6 hours prior to your appointment
- Do not drink anything other than plain tap water for 6 hours prior to your appointment
- Please drink 1-2 pints of plain tap water during the 2 hours prior to the scan appointment time (please note that you do not need to have a full bladder for the procedure)

- If you have a morning PET/CT appointment, please do not take your diabetic tablets on the morning of your scan but bring them with you so that you can take them immediately after your scan has been completed.
- If you have an afternoon PET/CT appointment, please take your diabetic tablets on the morning of your scan, not less than 6 hours before the time of your appointment.
- If you administer non-insulin injectable diabetic medication please contact the bookings team on 01792 517 965 for guidance on how to take this on the day of your scan.
- Take all non-diabetic medications on the day of your scan unless instructed otherwise by the bookings team
- We would advise that you take a packed lunch and your diabetic medication with you to your appointment to have, if required, once you have finished your scan.

### **Diet Controlled Diabetes**

As above for 'Non-Insulin Controlled Diabetes' preparation above.