



Your FDG PET Scan

For patients with diabetes

This handout gives special instructions for patients with diabetes who are having an FDG PET scan done.

Your doctor has ordered an exam for you called an FDG PET (*positron emission tomography*) scan. FDG stands for *2-Deoxy-2-[¹⁸F]fluoro-D-Glucose*. In this type of imaging we use Fluorine-18 FDG, a radioactive tracer that mimics the effects of glucose.

People with diabetes have trouble processing glucose. This means you need to follow special instructions for your FDG PET.

Read this handout carefully, and follow all instructions given. Keeping your blood sugars under control helps us to obtain the best information we can from this exam.

Instructions

1. Call the doctor who manages your diabetes to talk about the best way to prepare for this scan. Review the instructions in this handout with your doctor.
2. Your FDG PET scan will be scheduled in the early morning to reduce the amount of time you will need to fast. Start fasting at midnight the night before your appointment.
3. Make sure your blood glucose level (blood sugars) can be 150 mg/dL or less by 8 a.m. on the day of your scan after the overnight fast. If you are not sure that you can do this, try a “practice run” 3 days before your appointment (see instructions on page 2). Let us know if you have any problems reaching a blood glucose level below 150 mg/dL.
4. If your blood glucose level is above 150 mg/dL on the day of your scan, we may need to cancel or reschedule your appointment.
5. If you have a blood glucose level lower than 70 mg/dL or symptoms of hypoglycemia while fasting for the FDG PET scan, please treat your low blood sugar in your usual way. Then call us to reschedule your scan. **Do not let your blood sugars go so low that you are unsafe.**

How to Do a “Practice Run”

Check your blood glucose levels for at least 3 days before your FDG PET scan appointment.

1. Fast after midnight.
 - If you are taking insulin, take your usual evening insulin dose with your evening meal and then do not eat after midnight.
 - You may drink water, black coffee, and tea while you are fasting. **Do NOT add any milk, creamer, or sweetener to your tea or coffee. Do NOT drink diet soda.**
2. Check your blood glucose level in the morning after your overnight fast.
3. Call the PET coordinator at 206-598-4240 to let them know what your blood glucose level was after your overnight fast.
 - If your morning blood glucose level was higher than 150 mg/dL, we need to know this well before your scan appointment so we can ask the doctor who manages your diabetes for instructions.
 - A morning blood glucose level between 70 and 150 mg/dL is a safe range for your FDG PET scan appointment.
4. After this “practice run,” you may return to your normal routines of eating and medicine.

On the Day of Your Scan

1. Fast after midnight the night before your appointment. *See the instructions on insulin and oral hypoglycemic agents on the next page.*
2. You may drink water, black coffee, and tea while you are fasting. **Do NOT add any milk, creamer, or sweetener to your tea or coffee. Do NOT drink diet soda.**
3. You may take your other *non-diabetes* medicines with water on the morning of your exam if you do not need to take them with food.
4. Check your blood glucose level in the morning after fasting overnight.
5. If you have a blood glucose level lower than 70 mg/dL or symptoms of hypoglycemia while fasting for the FDG PET scan, treat your low blood sugar in your usual way and call us to reschedule your scan. **Do not let low blood sugar go untreated.**

On the day of your appointment, you have to keep fasting until your scan is done, unless you have a blood glucose level lower than 70 mg/dL or symptoms of hypoglycemia. Your scan will last about 3 hours.

Questions?

Call 206-598-6200

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Imaging Services:
206-598-6200

If you are taking diabetes medicines (insulin or oral hypoglycemic agents), carefully follow the instructions below.

Instructions for Diabetes Medicines

Insulin

The day before the PET scan	Take your usual insulin doses with your usual meals the day before the PET scan. Do not eat after midnight.
On the morning of the PET scan	Do not take any insulin until the scan is over.
After the PET scan is done	<i>Short-acting insulin:</i> Take your usual dose with lunch .
	<i>Long-acting insulin:</i> If you usually take this insulin every morning: <ul style="list-style-type: none"> • If used twice a day: Take 50% of your usual dose of long-acting insulin with lunch. • If used once a day: Take 75% of your usual dose of long-acting insulin with lunch.
	After following these instructions on the day of your PET scan, return to your usual doses.

Oral Hypoglycemic Agents

The day before the PET scan	Take your usual oral hypoglycemic agents and eat regular meals the day before the PET scan. Fast after midnight.
On the morning of the PET scan	Do not take your oral hypoglycemic agents.
After the PET scan is done	<i>For Metformin (Glucophage, Glucophage XR, Fortamet, Glumetza, Riomet):</i> The PET scan technologist will tell you how and when to resume taking Metformin after the PET scan. If a contrast CT scan is done, do not take Metformin for 48 hours and do not resume taking it before your renal function has been tested and shown to be normal. You will receive instructions about this on the day of your scan.
	<i>For oral hypoglycemic agents other than Metformin (see above for brand names):</i> Take your usual oral diabetes medicines with lunch . After this, return to your usual doses.

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