

NM PET CT PREP FOR ALL PATIENTS

I. Normal non-diabetic patients

- Low carb diet the day prior to exam
- NPO (fasting) for at least 6 hours
- May have water only during the 6 hour fasting period
- Meds as normal except if taken with food

II. Diabetic patients on oral medication

- Low carb diet the day prior to exam
- NPO (fasting) for 6 hours (minimum 4 hours) prior to exam
- Depending on the scheduled exam time, the patient should eat a light low carb meal and take their oral medications 4-6 hours prior to exam time
- If patient is scheduled early in morning; they must fast and not take their oral diabetic medication
- May have water only during the 6 hour fasting period

III. Diabetic patients on insulin injections

- Low carb diet the day prior to exam
- NPO (fasting) for 6 hours (minimum 4 hours) prior to exam
- If patient is scheduled early in morning; they must fast and not take their insulin medication
- If the exam is scheduled later in the day, the patient should eat a light low carb meal and take ½ of their insulin at least 4 hours prior to the exam. Please have patient bring the other ½ of their insulin medication with them.

IV. All patients

- No strenuous exercise the day and day prior to the exam.
- Do not chew gum.
- Wear warm comfortable clothing with no metal on the clothing.
- No glucose drips for 24 hours prior to exam.
- Patient must be able to self-transfer to imaging table (No beds or gurneys)