

FDG PET/CT exams use a baseline of sugar (called glucose) to establish normal cell activity range. To optimize your FDG PET/CT imaging exam, NCPIC created this 7-day diet preparation to help you achieve appropriate glucose levels. 200 mg/dL or less is glucose goal. Following this guide will avoid unnecessary glucose uptake.

7 Days Prior to your Exam

Practice Run:

- Please conduct a **glucose test practice run**. Your morning blood glucose level should fall between 70-200 mg/dL.

200 mg/dL or less is glucose goal:

- If you struggle to regulate your blood glucose, consult your diabetes doctor before the scan.
- If your glucose levels **exceed 200 mg/dL**, please call NCPIC at 916.737.3211 to discuss.

No Insulin day-of exam:

- You will not be able to inject insulin on the morning of the scan. (Exceptions may apply if you are on an insulin pump).
- Seek assistance from your diabetes doctor in regulating your blood sugar levels should you have any issues.

Recommended Foods

Eggs: Hard-boiled, scrambled, or omelets.

Poultry: Grilled chicken breast or turkey breast. (no breaded or foods)

Fish: Grilled Salmon, tuna, cod, halibut.

Lean meats: Grilled or baked Beef, pork tenderloin, veal.

Seafood: Shrimp, crab, lobster.

Dairy: Greek yogurt, cottage cheese, cheese (cheddar, mozzarella, Swiss).

Tofu: Firm tofu can be a good source of protein.

Nuts and seeds: Almonds, walnuts, pumpkin seeds, chia seeds.

Nut butter: Peanut butter, almond butter (check for added sugars).

The above list is called high protein, no carbohydrate diet.

Not recommended Foods

Grains: Rice, sticky rice, bread, pasta, oats, quinoa, barley.

Cereals: Breakfast cereals, granola.

Starchy Vegetables: Potatoes, corn, peas, pumpkin, butternut squash.

Legumes: Beans (black beans, kidney beans, chickpeas), lentils.

Fruits: Bananas, apples, oranges, grapes, berries, mangoes.

Dairy: Milk, yogurt (regular, flavored), ice cream.

Sweets and Desserts: Cookies, cakes, pastries, candy, chocolate, sugary beverages.

Sugars and Sweeteners: White sugar, brown sugar, honey, maple syrup, agave nectar.

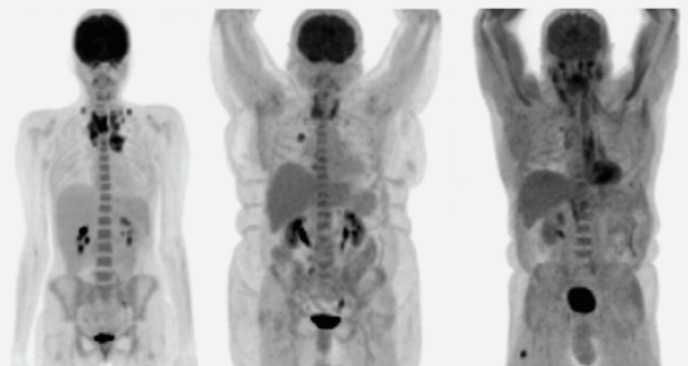
Processed Foods: Snack foods (chips, crackers), packaged snacks, sugary cereals.

The above list is called a high carbohydrate diet.

NCPIC's PET/CT system



Science Direct
FDG Glucose illustration
at 3 sugar levels.



A BGL 65

B BGL 155

C BGL 298

2 Days Prior to your Exam

- Follow a high protein/low-carbohydrate diet listed on the recommended foods list.

1 Day prior to your exam

- **Take your usual insulin** dose with meals, and avoid strenuous exercise or physical activity.
- Continue the allowed list of foods (high-protein/low-carbohydrate diet).
- A gentle walk the night before your exam may help lower your sugar levels.

The Evening Before Your Exam

Insulin Patients

- Insulin Pump patients: If your appointment was scheduled after 8:00 am, please call us at **916 737 3211**.
- If you take a bedtime dose of insulin, follow the prescribed order and have a high protein snack right before bedtime.
- Long-acting insulin patients: If you normally inject long-acting insulin in the morning, you may need to take it the evening before your scan.

All Patients

- Eat a light high protein/no carbohydrate meal.
- Drink only plain, unflavored water until after your PET/CT scan is complete.
- Avoid strenuous exercise or physical activity.
- A gentle walk the night before your exam may help lower your sugar levels.

Day of Your scan (glucose goal 70-200mg/dl)

Insulin Patients

- Do NOT inject insulin the day of your scan.
- Please keep your insulin pump in "nighttime setting" until the PET/CT study is complete.

Morning Scheduled FDG PET/CT patients

- **6-hour** fast from all foods – no gum, mints, candy, etc.
- Drink plain, unflavored water only, until after your PET/CT scan is complete.

Afternoon Scheduled FDG PET/CT patients

- Eat a light high protein/no carbohydrate breakfast no more than 6-hours before your PET/CT exam.
- After this meal, fast from all foods– no gum, mints, candy, etc.
- Drink plain, unflavored water only, until after your PET/CT scan is complete.

All Patients

- Do Take non-diabetic medications as prescribed, with non-flavored water only.
- Check your blood glucose level before the exam, if it is below 70 mg/dL or above 200 mg/dL on the morning of your scan, please call for instructions.
- If you experience symptoms of hypoglycemia, treat low blood glucose as needed and call us at **916 737 3211** to reschedule your exam.
- Avoid excessively low blood sugar levels.

Post Scan

All patients will be given a goodie bag with snacks after your exam.