

DIABETES and 18FDG PET SCAN – INFORMATION SHEET

Dear Sir/Madam,

You are going to undergo 18F-FDG (fluorodeoxyglucose) Positron Emission Tomography (**PET scan**).

The tracer that will be injected into your vein is a **glucose analogue**. A very small amount is injected and administration will not affect your blood glucose levels. Renal failure is not a contraindication for the examination.

Conversely, so that the examination is as sensitive as possible, in other words so that it works as well as possible, **you must have an optimal blood glucose level**, ideally with a fasting blood glucose level of less than 2 g/l (11 mmol/l). We encourage you to check your capillary blood glucose in the days leading up to the examination and to contact your doctor in case of diabetic imbalance. Your capillary blood glucose will be checked when you arrive in the department. Excessively high blood glucose may make the examination less sensitive and, depending on the circumstances, the examination may be postponed if your blood glucose is too high.

Your examination will generally be scheduled for the late morning or midday. You may eat a light breakfast, early in the morning, in order to comply with the requirement to fast for 6 hours beforehand. It is important that you drink plenty of water before the examination.

- **Oral anti-diabetic medication:** you should take your tablets as normal.
- **Insulin:** you should not inject insulin for 4 hours prior to the examination, including rapid-acting insulin such as Actrapid® or Humalog®. If your examination is scheduled in the early morning, which is usually the case for brain examinations, you will inject your insulin after the examination.
- **Insulin pump:** appointments are in the early morning. Your insulin pump should be kept in night (basal) mode until the examination has finished. At the end of the examination, you may eat breakfast and return the pump to its normal setting.

You will be offered a hot drink and biscuits after the examination.

Please contact your doctors for more information.

N'hésitez pas à contacter vos médecins pour de plus amples informations.