



# PET Cardiac Sarcoid Testing FDG only for People with Diabetes

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## **What is a PET Cardiac Sarcoid Test FDG only?**

PET Cardiac Sarcoid Test takes a picture of your heart. This is done to find if any heart muscle has abnormal clusters of white blood cells, which effect heart function.

## **How do I prepare for PET Cardiac Sarcoid Test FDG only?**

### **Several days before the test:**

- If you know that you are not able to lie on your back in a PET scanner up to 15 minutes at a time with your arms above your head, you will need to contact the Nuclear Cardiology scheduling desk ahead of time at (734) 232-3231.
- If you need pain medicine or a mild sedative for claustrophobia in order to lay in the scanner, please contact the doctor who ordered this test or your primary doctor for a prescription. You also must arrange for a driver to take you home when your test is completed as you will not be able to drive after taking a sedative.
- If you are allergic to heparin, please call (734) 232-3231.
- If you have a difficult time managing your diabetes, please call (734) 232-3231 and ask to speak with the Nuclear Medicine Nurse Practitioner.

## **2 days before the test**

### **Sarcoid Test Meal plan:**

- You must follow the Sarcoid Test Meal in preparation for this test. It is a no carbohydrate/high fat diet. Instructions are included. If you do not understand the Sarcoid Test Meal plan, please call (734) 232-3231 and ask to speak with an exercise physiologist. If you do not follow the Sarcoid Test Meal, No Carbohydrate diet, your test will be cancelled.
- **If you have diabetes follow these instructions starting 2 days before the test:**
  - Begin the **no Carbohydrate** diet no later than 10pm two nights before your test. For example, if your test is scheduled on Tuesday start the No Carbohydrate diet no later than 10pm on Sunday night. Instructions are included for this diet.

### **Insulin:**

- Stop taking any **long** acting, **intermediate** acting or **short/intermediate** acting mixture insulin when you start the No Carbohydrate diet.
  - Stop taking Lantus<sup>®</sup>, Toujeo<sup>®</sup>, Basaglar<sup>®</sup>, Tresiba<sup>®</sup>, Levemir<sup>®</sup>, Humulin R U-500<sup>®</sup>, Humalog N<sup>®</sup>, Humulin N<sup>®</sup>, Novolog N<sup>®</sup>, Novolog Mix 70/40<sup>®</sup>, Humulin 70/30<sup>®</sup>, Novolin 70/30<sup>®</sup>, Humalog Mix 50/50<sup>®</sup>, Humalog Mix 75/25<sup>®</sup> or others.
- Take only **short** acting insulin (Humulin R U-100<sup>®</sup>, Novolin R<sup>®</sup>) or **rapid** acting insulin (Afrezza<sup>®</sup>, Novolog<sup>®</sup>, Apidra<sup>®</sup> or Humalog<sup>®</sup>) on the following sliding scale when you start the No Carbohydrate diet.
  - Blood Glucose 150-200 mg/dL, take 2 units of short or rapid acting insulin.
  - Blood Glucose 201-250 mg/dL, take 4 units of short or rapid acting insulin.
  - Blood Glucose 251-300 mg/dL, take 6 units of short or rapid acting insulin.

- Blood Glucose 301-350 mg/dL, take 8 units of short or rapid acting insulin.
- Blood Glucose 351-400 mg/dL take 10 units of short or rapid acting insulin.
- Blood Glucose 401-450 mg/dL take 12 units of short or rapid acting insulin.
- Blood Glucose 451-500 mg/dL take 14 units of short or rapid acting insulin.
- **Seek medical attention** if your blood glucose is greater than 500. Call 911 if you have symptoms of very high glucose level.
- Do not take any diabetes medication on the morning of the test, no insulin and no oral diabetic medications like Metformin or Glucophage®.
- Talk with your doctor who orders your diabetic medications if you have questions.

#### **The day before the test:**

- Continue to follow the **no carbohydrate** diet the entire day before your test. Instructions are included. Please follow this diet carefully to prevent rescheduling of the second part of this test. Please call if you have any questions.
- At the end of your test, you will receive a boxed lunch with either a ham or turkey sandwich. If this food does not fit your dietary constraints, please plan to bring lunch with you. You will not be able to go to the cafeteria to buy lunch. You need to eat a meal before being discharged.
- Avoid heavy lifting and strenuous exercise or activity.

#### **Medications:**

- If you take a medication called pentoxifylline, (Trental® and Pentoxil® or other names) do not take any the day before your test or the morning of your test.

### **The day of the test:**

- Do not eat any food at least 8 hours before your test. You may only drink plain water.
- Do not take any diabetes medication on the morning of the test, no insulin and no oral diabetic medications like Metformin or Glucophage®.
- If you shower the morning of your test do not use oils or lotions on your chest or abdomen so you can be easily attached to a cardiac monitor.
- Bring a list of the medications you take. Bring any medications you may need to take throughout the day, including insulin.
- Wear comfortable clothes with a loose fitting shirt and comfortable walking shoes such as sneakers. Do not wear metal jewelry. Layered clothing is best as some hospital rooms can be chilly.
- **Park in Parking Structure P1 or P2.**
- Check in at the Nuclear Medicine reception desk in University Hospital on **Level B1, Reception C**, 30 minutes before your appointment time.
- Plan on being at the hospital for 6-8 hours as there will be wait times between different parts of the test. You may bring a book to read or something to help pass the time.

### **What happens during the test?**

1. An IV will be placed in a vein to collect several blood samples.
2. You will receive a shake to drink (almond milk with vegetable oil) and we will tell you what time to return to UH B1 Reception C for the test. You will not be able to eat or drink anything except for the shake and water during this 3-4 hour time period.
3. Once you return, more blood will be drawn from your IV and you will receive injections of heparin and a radioactive form of sugar called fluorine-18 fluorodeoxyglucose or F-18 FDG. There will be a wait time of approximately an hour before more scanning is done so that the F-18 FDG can move through your body.

4. After your scan is done you will receive a box lunch to eat. You can eat your lunch if you brought your own food.
5. You will be discharged about an hour after the scan when you are done eating and when your blood glucose level is within normal range.

### **How do I get results of the test?**

- The Nuclear Cardiology Radiologists will review your test images before you leave to make sure the images are satisfactory.
- The results of the test will be sent to the doctor who ordered the test in 2-3 days, they will give you the results.

### **Who do I call if I have questions?**

If you have any questions, please call Michigan Medicine Nuclear Cardiology Department at (734) 232-3231 between the hours of 7:30am and 5pm Monday through Friday and ask to speak with the Nuclear Medicine Nurse Practitioner.

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