NEVADA SURGICAL SUITES

PRE-PROCEDURE INSTRUCTIONS FOR DIABETIC PATIENTS

Patients not on Insulin:

1. DO NOT take oral medications prescribed for diabetes on the morning or the procedure.

Patients on Insulin (Bring your medications/supplies the day of your procedure):

1. Short-Acting Insulin (Regular, Humalog, Novo Log)
   - Take normal dose at bedtime.
   - **DO NOT** take any regular insulin on the morning of the procedure unless blood sugar is more than 250, then take ½ the dose.

2. Long-Acting/Combination Insulin (Lantus, NPH, Ultra-lente, 70/30)
   - Take ½ the dose at bedtime the night before your procedure.
   - **DO NOT** take any long-acting Insulin the morning of your procedure.

3. Insulin Pump
   - Speak to your primary care provider (PCP) or endocrinologist, and bring extra supplies with you.
   - Leave pump running and check your blood glucose 4 hours prior to procedure time. If your levels drop below 80, discontinue infusion. Otherwise, continue your pump but inform the pre-operative nurse upon arrival. You must have your blood glucose checked frequently while you are fasting.
   - It is strongly recommended to have your procedure scheduled early in the morning, and not to extend fasting for longer than 6 hours.

GENERAL RECOMMENDATIONS

It is suggested that all diabetics attempt to have procedures performed early in the morning to lessen the possibility of afternoon hypoglycemia. Inform the nurse that you are diabetic, so they can monitor you closely.

Prior to leaving your house to drive to the surgery center, check your blood glucose level. If your glucose level is low, you may drink 4oz. of a clear, sugar-containing drink.

If your blood glucose level is not usually high, but suddenly is, contact your primary care provider (PCP), as this may signify an infection or other illness.

In general, if you present for an elective procedure with blood glucose levels greater than 200, it may be recommended that you do not receive a steroid medication.

It is imperative that you carefully monitor your diabetes, as the risk for post-procedure stroke, heart attack and kidney failure are higher than non-diabetics. It is recommended that you review these instructions with your primary care provider. As always, when in doubt, ASK QUESTIONS!