

PRE-PROCEDURE INSTRUCTIONS FOR DIABETIC PATIENTS

Patients NOT on Insulin:

- **Morning Procedures:** **DO NOT** take any oral medications prescribed for diabetes.
- **Afternoon Procedures:** Take **ALL** oral medications **EXCEPT** Metformin, with a plain slice of toast at least 8 hours before the procedure.

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

1. If you take **Short-Acting Insulin** (Regular, Humalog, Novolog, Apidra, & Fiasp)
 - **Morning Procedures:** Take normal dose at bedtime. **DO NOT** take regular insulin on the morning of the procedure unless blood sugar is more than 250, then only take ½ the dose.
 - **Afternoon Procedures:** Take normal dose in the morning at least 8 hours before the procedure, with a plain slice of toast. *(Must have a slice of plain toast 8 hours before in order to use the Short-acting insulin for the afternoon procedures).*
2. If you take **Long-acting insulin/Combination Insulin** (Lantus, NPH, Ultra-lente, 70/30, Levemir, Tresiba & Toujeo)
 - **Morning Procedures:** Take ½ the dose at bedtime the night before your procedure. **DO NOT** take any long-acting insulin the morning of your procedure.
 - **Afternoon Procedures:** Take ½ Dose before procedure with a plain slice of toast at least 8 hours prior to the procedure. *(Must have a slice of plain toast 8 hours before in order to use the Long-acting insulin for the afternoon procedures).*
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 extend fasting for longer than 8 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 (e.g., apple juice, etc.).

If your blood glucose level is not usually high, but suddenly is, contact your primary care provider (PCP) or specialist, 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 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 or specialist as always, when in doubt, ASK QUESTIONS!