



Pre-Procedure Diabetes Medication Instructions

In preparation for your procedure, you will need to follow specific instructions regarding your diabetes medication. Read the information below carefully. Follow the instructions given to you by your provider for insulin adjustments.

Check your blood sugar the evening before your procedure and again upon waking the morning of your procedure.

- If your blood sugar is below 80 at either of these checks, drink a glass of clear fruit juice and recheck it. You may continue to drink clear fruit juice, if needed, up to 4 hours before your procedure. At that point if blood sugar is still below 80 or symptoms fail to resolve, call the office to get further instructions from the physician on call.
- If your blood sugar is over 350, either use your fast acting sliding scale insulin or call the office to get further instructions from the physician on call.

Unless otherwise indicated, take diabetes medications as directed below:

Diabetes Medication	Morning Day Before Exam	Night Before Exam	Morning Day of Exam
Oral (tablets by mouth)	Usual dose	Do Not Take	Do Not Take

For patients taking anti-GLP class of medications and scheduled for upper endoscopy:

- **No solid food** after 12 noon the day before the exam!

Other Diabetic Management instructions for preparing for Colonoscopy

Day before procedure:

- Because you will not be eating any solid foods, we encourage you to drink plenty of clear fluids. As a diabetic normally you may not drink much juice. However, for the colonoscopy preparation, it is **okay** to temporarily drink Gatorade and other juices that may contain sugar.
- **Do not** drink only water or sugar-free drinks all day. Since you are not eating any food it is important that you drink fluids that contain electrolytes, sugar and calories. It is dangerous when your glucose levels drop too low. If your glucose levels are slightly high for one day, that is okay.
- As an alternative, you can alternate clear juices with clear chicken or vegetable broth.
- If you prefer, you may review these instructions with your diabetes specialist.

Day of procedure:

- You can continue to drink clear fluids up until 4 hours before your procedure.
- **Do not take any of your diabetic medications before the procedure.**
- Before you leave your house, check your glucose level. Inform our office if the result is below 80 or above 350.
- Once the colonoscopy is over you are free to resume your normal diet. Once you begin eating again, you can start taking your regular medications as usual.
- It is very important to stay well hydrated both before and after the colonoscopy. Continue to drink plenty of fluids when you get home from the procedure.