
INSTRUCTIONS FOR PATIENTS WITH DIABETES

If you have diabetes, you will have to modify your meal plan and your medication routine during the clear liquid and fasting periods of the preparation.

Below are our general instructions for managing diabetes from the day before your procedure until the first meal after the procedure.

We encourage you to contact your primary care physician or the doctor managing your diabetes for more individualized advice regarding your glucose control for the endoscopic procedure.

Please read your instructions carefully before your procedure and call us if you have questions or concerns at (719) 785-3500 (opt.2).

The day before your procedure:

- **FOLLOW YOUR USUAL MEDICATION ROUTINE:** Take your medications as prescribed on your usual schedule.
- **CHECK YOUR BLOOD GLUCOSE LEVEL:** Check your blood sugar frequently. Every 4-6 hours is recommended to make sure your blood sugar is remaining stable. If you have any questions about your diabetes management, please consult with your primary physician.

The day of your procedure:

- **DO NOT TAKE ORAL MEDICATION:** If you take a pill to lower your sugar, do not take it on the morning of your procedure.
- **DO NOT TAKE SHORT-ACTING INSULIN:** If you are taking short-acting or regular insulin (R), do not take it on the morning of your procedure.
- **TAKE ½ OF LONG-ACTING INSULIN:** If you are taking an intermediate, long-acting, or combination insulin, take half of your prescribed dose on the morning of the procedure on your usual schedule.
- **INSULIN PUMP:** If you use an insulin pump, please contact the provider that prescribes this for instructions on how to adjust for the prep you are to take and for fasting the morning of the exam.
- **CHECK YOUR BLOOD GLUCOSE LEVEL:** Please check your blood sugar level before leaving home to come in for your procedure. You may have up to 2 oz. of apple juice or white grape juice up to 2 hours prior to your procedure if your blood sugar reading is low or you are feeling symptomatic of low blood sugar. A nurse will check your blood glucose prior to your procedure.
- **BRING YOUR MEDICATIONS:** Please bring your insulin or other diabetic medications with you to ensure that you can take these medications along with a meal after your procedure.

After your procedure:

- **RETURN TO YOUR NORMAL ROUTINE:** You will resume your medicines after the test when you are eating a regular diet. Do not take any extra dose of medicines to make up for missed dose amounts. Blood sugar readings may not return to your usual numbers for up to 72 hours after the procedure.