

## Pre-Procedure Instructions for Patients with Diabetes

People with blood glucose levels below 180 mg/dL before, during and after a procedure have better results, get better faster, and have fewer wound infections.

**The target for your blood glucose is between 80 and 140 mg/dL**

### As soon as procedure is scheduled, tell your doctor who treats your diabetes

- **If your blood glucose is running greater than 180 mg/dL**  
Your diabetes regimen may need to be adjusted.
- **If you take Insulin**  
Ask for instructions for how much insulin to take the day of the procedure.
- **If you use an insulin pump**  
Ask for instructions about changes to basal rates, in case your blood glucose is higher than 180 mg/dL before or after the procedure.

### The night before procedure

- Do **not** eat or drink anything after midnight unless one of your doctors tells you otherwise.
- **If you take pills or non-insulin injections**, take your usual dose.
- **If you use an insulin pump** continue usual bolus dosages and basal rates, including bedtime doses. Pack extra pump supplies to bring with you to the hospital.

### The morning of your procedure

- Check your blood glucose when you wake up and report the result to your nurse at the hospital.
- Do **NOT** take any diabetes pills or non-insulin injections.
- **If you take Metformin (Glucophage®)**, do **NOT** take it on the day of the procedure.
- **If you use an insulin pump**, change your insertion site. Insert it away from your procedure area and make any changes your doctor recommends.
- If your blood glucose is **below 70 mg/dL or below 80 mg/dL and you have symptoms**
  - Take 3 – 4 glucose tablets **or** 6 Life Savers® immediately.
  - After 15 minutes **recheck your blood glucose**.
  - If your blood glucose is **still below 70 mg/dL**, take 3 glucose tablets **or** 6 Life Savers® again.
  - Tell your admitting nurse how you treated the low blood glucose.

### In the hospital

- Your blood glucose will be checked frequently and insulin doses will be given. It is not safe to take diabetes pills, non-insulin injectables or use your own insulin regimen while in the hospital, except insulin pump users.
- Your home diabetes regimen can be restarted when you are discharged.

### After your procedure

- **If you take Metformin (Glucophage®)**, ask your doctor when you can restart it.

### After discharge

- Continue to check your blood glucose as directed and restart your home diabetes regimen.
- If your blood glucose is over 200 mg/dL two times in 24 hours, call your diabetes doctor for instructions.

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