#### HONOR HEALTH.

# **Pre-Procedure Instructions for Patients with Diabetes**

People with blood glucose levels between 100 - 180 mg/dL before, during and after a procedure have better results, get better faster, and have fewer wound infections.

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

- If your blood glucose is often over 180 mg/dL, your diabetes medicine may need to be adjusted.
- If you take diabetes pills or non-insulin injections, ask for instructions on when to take or stop these.
- If you take insulin, ask how much to take before the procedure.
- If you use an insulin pump, ask for instructions about changes to basal rates, in case your blood glucose is too high or too low before or after the procedure.

### Two - three days before your procedure, to protect your kidneys:

• Stop taking your SGLT2i (Invokana<sup>®</sup>, Farxiga<sup>®</sup> or Jardiance<sup>®</sup>), and Metformin (Glucophage<sup>®</sup>), unless your doctor tells you otherwise.

### The night before your procedure

- Take your insulin, diabetes pills, or non-insulin injections, except your SGLT2i (Invokana<sup>®</sup>, Farxiga<sup>®</sup> or Jardiance<sup>®</sup>), and Metformin (Glucophage<sup>®</sup>), unless your doctor tells you otherwise.
- If you use an insulin pump continue usual bolus doses and basal rates unless your doctor tells you otherwise. Pack extra supplies for your hospital stay.
- If you use a Continuous Glucose Monitor (CGM), you may keep it in place. Finger stick blood glucose checks will be done for safety as part of your care.

## The morning of your procedure

- Check your blood glucose when you wake up and tell your admitting nurse.
- Do NOT take insulin, diabetes pills, or non-insulin injections unless your doctor tells you otherwise.
- If you use an insulin pump and/or CGM, change your insertion set(s) away from the procedure site and make any rate changes your doctor recommends.
- If your blood glucose is under 70 mg/dL or 80 mg/dL and you have symptoms like fast heartbeat, headachy, sweaty, shaky, confused, or dizzy:
  - Take 4 glucose tabs or 6 Life Savers<sup>®</sup> right away.
  - After 15 minutes recheck blood glucose. If still under 70, repeat glucose tabs or Life Savers®
  - After 15 more minutes check blood glucose again and tell your admitting nurse.

### In the hospital after your procedure

- Your blood glucose will be checked often, and insulin doses will be given if needed.
- It is not safe to take diabetes pills, non-insulin injections or use your home insulin.
- Insulin pumps and CGM may be used as ordered following hospital policy.

### After discharge

- Continue to check your blood glucose as directed and start your diabetes medicine.
- Check with your provider to restart:
  - Metformin (Glucophage<sup>®</sup>), especially if you received contrast dye during your procedure.
  - SGLT2i (Invokana<sup>®</sup>, Farxiga<sup>®</sup> or Jardiance<sup>®</sup>) may be restarted in 48 hours unless your doctor tells you otherwise.
- If your blood glucose is under 70 mg/dL or over 250 mg/dL, two times in 24 hours, call your diabetes doctor for instructions.

The contents of the Pre-Procedure Instructions for Patient with Diabetes, such as text, graphics, images, and other material contained in this pamphlet ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this pamphlet. If you think you may have a medical emergency, call your doctor or 911 immediately. HonorHealth does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned in the pamphlet. Reliance on any information provided by HonorHealth is solely at your own risk. 09/2022 Diabetes Team