

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[®], Farxiga[®] or Jardiance[®]), and Metformin (Glucophage[®]), unless your doctor tells you otherwise.

The night before your procedure

- Take your insulin, diabetes pills, or non-insulin injections, except your SGLT2i (Invokana[®], Farxiga[®] or Jardiance[®]), and Metformin (Glucophage[®]), 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[®] 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[®]), especially if you received contrast dye during your procedure.
 - SGLT2i (Invokana[®], Farxiga[®] or Jardiance[®]) 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.