

DIABETES MEDICATION ADJUSTMENT GUIDELINES BEFORE SHORT PROCEDURES

It's always important to manage your blood glucose, but it is extremely important to have good glucose control prior to surgery or a short procedure. It will help reduce the risk of infection and other complications. Your doctor will tell you how to adjust diabetes medication or insulin before a procedure, but the following provides some general guidelines.

DIABETES PILLS OR NON-INSULIN INJECTABLE MEDICATIONS

Symlin, Bydureon, Byetta, Ozempic, Trulicity or Victoza

- During clear liquid diet: Stop all diabetes medications other than insulin. Use glucose-containing clear liquids as needed to maintain blood sugar. Don't drink *only* diet or sugar-free beverages.
- Morning of procedure: Don't take diabetes medications other than insulin.

BASAL INSULIN AND BASAL COMBINATION PRODUCTS

Basaglar, Lantus, Levemir, Soliqua, Tresiba or Xultophy

- During clear liquid diet: Take $\frac{2}{3}$ of usual basal dose for a colonoscopy or similar procedure. Use glucose-containing clear liquids as needed to maintain blood sugar. Don't drink only diet or sugar-free beverages.
- Morning of procedure: Take $\frac{2}{3}$ of usual morning basal dose.
- Evening of procedure: Normal dosage.

NPH INSULIN

Humulin N, Novolin N or Relion N (Ask your provider about mixed insulins of 70/30 or 75/25.)

- During clear liquid diet: Take *half* dose of usual N insulin for a colonoscopy or similar procedures. Use glucose-containing clear liquids as needed to maintain blood sugar. Don't drink only diet or sugar-free beverages.
- Morning of procedure: Take *half* dose of usual N insulin. For Mixed insulins, don't take the morning dose; take *half* of your usual dosage when eating well.

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DIABETES CENTER OF EXCELLENCE

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NEW PATIENTS: **855-UMASS-MD** (855-862-7763)
EXISTING PATIENTS: **508-334-3206**



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DIABETES MEDICATION ADJUSTMENT GUIDELINES BEFORE SHORT PROCEDURES (CONTINUED)

BOLUS INSULIN

Apidra, Fiasp, Humalog, NovoLog, Regular (Humulin R, Novulin R or Relion R)

- Don't take usual doses of these fast-acting insulins while NPO (i.e., taking nothing by mouth) or on a clear-liquid only diet.
- You may require supplemental fast-acting insulin for blood sugars over 200. If you have a blood glucose correction scale, use *half* of your usual dosage to correct high blood sugars.

INSULIN PUMP

- During clear liquid diet: Set temporary basal rate of 65% for a colonoscopy or similar procedures. Use glucose-containing clear liquids as needed to maintain blood sugar. Don't drink *only* diet or sugar-free beverages.
- Morning of procedure: Set temporary basal rate of 65%.
- For high blood sugar: Use only 50% of recommended bolus dose with a blood sugar target of 120 to 180 mg/dl.

WHEN TO RESUME NORMAL DOSES

Begin taking usual medication doses when you're back to eating normally following the procedure.

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