



Diabetes Medication Instructions

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

- Schedule the appointment early in the day so you can eat afterwards and take your medication as close to the usual time as possible
- Check blood sugars before each meal and at bedtime (or as instructed by your doctor) the day before and the day of the procedure
- Be sure to check blood sugars if you feel symptoms of hypoglycemia (shakiness, sweating, irritability) at any time
- Bring your blood glucose meter, test strips, and quick-acting sugar such as glucose tabs or fruit juice with you the day of the procedure

What to drink the day before your procedure:

Clear liquids. Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid clear liquids that are red, blue or purple in color.

<u>Food/Beverage choice</u>	<u>Grams of carbohydrate</u>
Apple juice (4 ounces)	15
White grape juice (4 ounces)	20
Regular clear soda (4 ounces)	13
Sports drink such as Gatorade (8 ounces)	14
Gelatin (Jello), regular sweetened (1/2 cup)	15
Orange popsicles or ice pops (read label for portion size)	15
Italian Ice, not sherbet (read label for portion size)	30
Sugar, 1 teaspoon or packet	4

Food/Beverage choices containing zero carbohydrate

Fat-free broth	Seltzer
Diet clear soda	Flavored water
Unsweetened or diet tea	Coffee (black)

SAMPLE MENU

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
1/2 cup apple or white grape juice	1 cup fat-free broth	1 cup fat-free broth
1 cup regular sweetened gelatin	1/2 cup Italian Ice	1/2 cup apple or white grape juice
Black coffee	1 cup regular sweetened gelatin	1 cup regular sweetened gelatin
	Unsweetened or diet tea	Unsweetened or diet tea

Please verify diabetic medication recommendations outlined below with the physician that prescribes your diabetic medications.

Preparation Day – The day BEFORE the procedure:

Follow the clear liquid diet on page 1 and adjust your medications as follows:

If you take:	Morning	Lunch/Dinner	Bedtime
Metformin (Fortamet, Glucophage, Glumetza, Riomet) Pioglitazone (Actos) Rosiglitazone (Avandia) Sitagliptin (Januvia) Janumet (sitagliptin and metformin) Avandamet (rosiglitazone and metformin) Actoplus Met (metformin and pioglitazone) Onglyza (saxagliptin) Tradjenta (Linagliptin) Kombiglyze (saxagliptin + metformin) Jenaducto (linagliptin + metformin) Kasano (alogliptin-metformin) Nesina (alogliptin) Cycloset (bromocriptine)	Take your usual dose	Take your usual dose	
Glyburide (Diabeta, Glynase, PresTab, Micronase) Glipizide (Glucotrol) Byetta (Exenatide) Amaryl (Glimepiride) Prandin (repaglinide) Starlix (nateglinide) Glucovance (glyburide and metformin) Metaglip (metformin and glipizide) Duetact (pioglitazone and glimepiride) Avandaryl (rosiglitazone and glimepiride) Victoza (lirglutide) Starlix (Nateglinide) Farxiga (dapagliflozin) Invokana (canfliflozin) Symlin (pramlintide) Exenatide (Bydureon)	Do not take	Do not take	
Lantus or NPH insulin Lemevir	Take your usual dose		Take your usual dose
Humalog, Novolog, or Regular Insulin	Take ½ the usual amount if you take fixed dose OR Cover your carbs with your usual carb ratio	Take ½ the usual amount if you take fixed dose OR Cover your carbs with your usual carb ratio	
Premixed Insulin; 75/25, Novolin 70/30, Novolog Mix 70/30	Take ½ the usual dose at breakfast	Take ½ the usual dose at dinner	
Insulin pump	Basal rate only	Basal rate only	Basal rate only

Please verify diabetic medication recommendations outlined below with the physician that prescribes your diabetic medications.

Day of the procedure:

Do not make up or "double up" on any missed medications after the procedure:

If you take:	Morning	Lunch/Dinner	Bedtime
Metformin (Fortamet, Glucophage, Glumetza, Riomet) Pioglitazone (Actos) Rosiglitazone (Avandia) Sitagliptin (Januvia) Janumet (sitagliptin and metformin) Avandamet (rosiglitazone and metformin) Actoplus Met (metformin and pioglitazone) Onglyza (saxagliptin) Tradjenta (Linagliptin) Kombiglyze (saxagliptin + metformin) Jenadueto (linagliptin + metformin) Kasano (alogliptin-metformin) Nesina (alogliptin) Cycloset (bromocriptine)	Take your usual dose	Take your usual dose	
Glyburide (Diabeta, Glynase, PresTab, Micronase) Glipizide (Glucotrol) Byetta (Exenatide) Amaryl (Glimepiride) Prandin (repaglinide) Starlix (nateglinide) Glucovance (glyburide and metformin) Metaglip (metformin and glipizide) Duetact (pioglitazone and glimepiride) Avandaryl (rosiglitazone and glimepiride) Victoza (lirglutide) Starlix (Nateglinide) Farxiga (dapagliflozin) Invokana (canfliflozin) Symlin (pramlintide) Exenatide (Bydureon)	Do not take	Resume your usual dose if eating	
Lantus or NPH insulin Lemevir	Take ½ the usual dose		Resume your usual dose
Humalog, Novolog, or Regular Insulin	Do not take	Resume your usual dose if eating	
Premixed Insulin; 75/25, Novolin 70/30, Novolog Mix 70/30	Do not take	Resume your usual dose if eating	
Insulin pump	Basal rate only	Basal rate only	Basal rate only

If your prescribed medication is not listed above; again, please verify diabetic medication recommendations with the physician that prescribes your diabetic medications prior to your procedure.