

Instructions for Diabetic Medications

Insulin

If you normally have an evening dose of insulin

- In the evening before your procedure, you will take only half of your normal dose. For example, if you take 10 units for your evening dose, you will only take 5 units.
- In the morning on the day of your procedure, you will NOT take any insulin. Once your procedure is completed and you resume a normal diet, you will be able to resume your normal dosing of insulin.

Oral antidiabetic agents such as Metformin, Januvia, etc.

You will hold this (not take it) on the day of your procedure. You may resume your normal dosing after your procedure is completed and you resume a normal diet.

Weekly injections such as Trulicity, Mounjaro, etc.

If your procedure is scheduled for the day of your injection, please take your injection on the day before or the day after your procedure. Do not take it on the same day.

Insulin Pump

- You will need to monitor your blood sugars more frequently through the day and may need to adjust your insulin accordingly because you will be on a liquid diet.
- If you have further questions please reach out to your endocrinologist or prescribing doctor.

Dietary instructions

- Most frequent questions are related to "fasting". You are not fasting on the day before your procedure.
- You may have clear liquids. This includes Jello, popsicles, broth, sports drinks, protein water (protein-2-0) or clear premier protein water, any flavor of soda, pulp free orange juice, pulp free lemonade, grape juice, apple juice, tea, coffee (no cream).
- To help blood sugar maintained, having broth or protein water will help carry you through. No RED of any of these fluids. Any other color is fine.