



## Diabetic Instructions: (Insulin Dependent Patients)

### DAY BEFORE YOUR PROCEDURE:

- You may have a scrambled egg or dry toast in order to take your insulin.
- The rest of the day will be clear liquids only along with your colon prep solution.
- Monitor your blood sugars more frequently throughout the day.
- If your blood sugar drops, you may have 6oz of apple juice to increase your blood sugar level.

### DAY BEFORE YOUR PROCEDURE "AT BEDTIME":

- At bedtime, if you have a bolus or long acting insulin to take, ONLY ADMINISTER ½ of the dose.

### MORNING OF YOUR PROCEDURE:

- **Do not take any insulin** the morning of your procedure.
  - You will have no intake of food or drink to counter the effects of the insulin.
- Continue to monitor your blood sugar levels, and call with any critically low levels.
  - A blood glucose level below 80 should warrant a call.
  - This may require us to address the levels with a blood glucose increasing agent.
- Take the rest of your approved medications with a sip of water.
  - Some of those medications would be as follows: Blood Pressure, Pain Medications, Anti-Anxiety, Depression Medications, Thyroid Medications, Decongestants, etc.
- Again, please do not take your insulin the morning of your test. You may resume your insulin intake after your procedure.

**Note: Please bring a current updated list of medications you are taking.**