

Guidelines for Diabetes Patients Having Surgery

Colonoscopy:

Medications for blood sugar:

- On the days you are preparing for your procedure, continue to take your oral medication and/or insulin as usual.
- Do not take any blood sugar medications after 7:00 p.m. the evening before your procedure.
- On the morning of your procedure do not take your blood sugar medications.
- If you take insulin, bring your insulin with you to the hospital. Nursing staff will check your blood sugar to determine if you should have some insulin after arriving for your procedure.

Food:

- On the days you are preparing for your procedure replace the carbohydrates in your regular meal plan with the clear liquid items you are allowed.
- These include apple juice, grape juice, gelatin, and popsicles as outlined in your Same Day Surgery instruction sheets. **Avoid red gelatin (Jell-O).**
- For example, if your regular meal plan is to have 3 carbohydrate choices (45 grams of carbohydrate) at breakfast, choose them from the following clear liquid options:

Apple juice 1/2 cup	15 grams carbohydrate
Grape juice 1/3 cup	15 grams carbohydrate
Jell-O 1/2 cup	20 grams carbohydrate
Ginger ale, regular cola or lemon lime soda 4 oz.	15 grams carbohydrate
Popsicle, two stick	20 grams carbohydrate
Popsicle, one stick	10 grams carbohydrate

Do not have anything to eat or drink after midnight the evening before your procedure.

Other Same Day Surgery Procedures:

Medications for blood sugar:

- Do not take any blood sugar medications after 7:00 p.m. the evening before your procedure.
- If you take insulin, bring your insulin with you to the hospital. Nursing staff will check your blood sugar to determine if you should have some insulin after arriving for your procedure.

Food:

Do not have anything to eat or drink after midnight the night before your procedure.

If you have any questions or would like more information contact us at:



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