

Remember:

1. Check your blood sugars at least every four hours the evening before and the day of your procedure.
2. Treat any reading below 4mmol/L. See examples below of options to treat a low blood sugar reading (choose one).

Examples of clear fluids containing 15 g of sugar (carbohydrates)

- Black tea or coffee with 1 tbsp sugar or honey
- 1/2 cup regular Jell-O (not red or purple color)
- Popsicle (not red or purple colour)
- 2/3 cup fruit juice (no pulp)
- 2/3 cup regular pop
- 1 cup sports drinks (eg. Gatorade, not including G2 or Gatorade Zero)

Do you have more questions?

Contact your doctor - OR - Talk to your diabetes educator if you are uncertain of your diabetes management plan or if you are on an insulin pump or have a complex diabetes regimen.

Provincial Diabetes Program contact numbers:

Charlottetown: (902)368-4959 or (902)569-7562

Summerside (902) 432-2600

O'Leary/ Alberton (902)859-3929

Montague / Souris (902) 838-0787

Health PEI

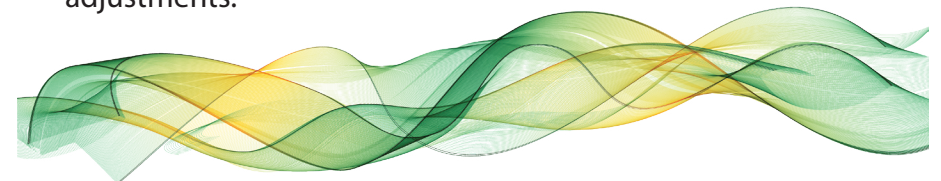
Gastrosocopy or Bronchosocopy: Adjusting your Diabetes Medication



Important points to remember:

- Since you have diabetes, you should be booked into an early morning appointment for your procedure. Please contact your doctor or nurse practitioner's office if you have not.
- Due to the risk of low blood sugars, **DO NOT** drive to the hospital prior to the procedure and **DO NOT** drive home.
- It is important to test your blood sugars with your meter more frequently (i.e. every 4 hours) the day before and the day of your procedure to check for low blood sugars. See last page for more information.
- Bring your diabetes pills /insulin and glucose meter with you to the hospital.
- These are just general recommendations. Please follow specific instructions provided by your doctor.
- If you are on an insulin pump please call your diabetes educator well in advance of your appointment to discuss pump adjustments.

Health PEI



If you are taking Oral Diabetes Medications:

The day before the procedure

Breakfast: Take usual diabetes tablets.

Lunch: Take usual diabetes tablets.

Supper: DO NOT take usual diabetes tablets.

The day of the procedure:

Do NOT eat or drink after midnight.

Do NOT take any oral diabetes tablets.

After your scope, resume oral diabetes tablets as directed by doctor with next meal.



If you are taking Insulin:

The day before the procedure

Breakfast: Take usual dose of breakfast rapid insulin.

Lunch: Take usual dose of lunch rapid insulin.

Supper: DO NOT take meal time rapid insulin.

Exception for premix insulin at supper: Humalog mix 25, Novomix 30, Novolin 30/70 Take $\frac{1}{2}$ your usual dose of premix insulin.

Evening /Bedtime: If you usually inject Lantus, Levemir, Basaglar or Toujeo in the evening or at bedtime, take **usual** dose. However, if you are prone to low blood sugar events, consider reducing the dose by 20%.

If you usually inject Humulin N or Novolin NPH in the evening or at bedtime take **1/2 usual dose**.

The day of the procedure

Do NOT eat or drink after midnight.

Do NOT take any mealtime insulin.

If you usually inject Lantus, Levemir, Basaglar or Toujeo in the morning, take **usual dose**.

If you usually inject Novolin NPH or Humulin N insulin in the morning, take **1/2 the usual dose**.

Do NOT take any premix insulin (Humalog Mix 25, Novomix 30, Novolin 30/70 etc...) if your procedure is booked before noon.

After your gastroscopy or brochoscopy, resume insulin as usual with next meal.