
Instructions for Persons with Diabetes Who Are Scheduled for Diagnostic Procedures That Require Them to Be NPO (i.e. Fasting)

For persons who monitor blood sugar in the home.

On the EVENING prior to the procedure:

- IF you take Insulin Glargine (Lantus) or Ultralente before bed, take 2/3 of your usual dose.
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Upon awakening in the morning on the day of the procedure:

- Check your blood sugar. Choose the next step based on your blood sugar result.
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IF your blood sugar is 70 mg/dl or less AND you are being treated with diabetes medications that can cause LOW BLOOD SUGAR:

1. **DO NOT** take ANY of your USUAL insulin or oral diabetes medications. If you use the insulin pump, adjust your basal insulin dose (if appropriate) using your home algorithm.
 2. Treat the low blood sugar by taking ONE of the following:
 - 2/3 cup cranberry juice.
 - 15 grams of instant glucose gel.
 - 1 cup of apple juice.
 - 1 glass of water with 6 teaspoons of sugar.
 - 1 cup of regular soft drink.

DO NOT treat with candy or solid food!
 3. When your blood sugar is above 70 mg/dl, take the following insulin:
 - a. If taking insulin by syringe, give:

How Much:

 - One-half (1/2) of your usual morning dose of NPH, Lente, or Premixed (70/30, 50/50, or 75/25) insulin.
 - 2/3 of your usual dose of Glargine (Lantus) or Ultralente insulin.

When: At the time the usual morning dose of insulin is due.
 - b. If taking insulin by insulin pump:
 - DO NOT** give meal bolus doses of insulin.
 - Continue infusing basal insulin. Adjust the basal insulin dose if basal rates are likely to cause the blood sugar to rise or fall when you are stressed or not eating.
 4. Call the hospital/clinic where the diagnostic procedure is to be done. Inform them of the low blood sugar episode. They may request that you come to an earlier appointment.
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IF your blood sugar is 71 to 199 mg/dl:

1. **DO NOT** take ANY oral diabetes medications.
2. **DO NOT** take ANY Regular, Lispro (Humalog), or Aspart (NovoLog) insulin by syringe.
3. If taking insulin by syringe, give:

How Much:

 - One-half (1/2) of your usual morning dose of NPH, Lente, or Premixed (70/30, 50/50, or 75/25) insulin.
 - 2/3 of your usual dose of Glargine (Lantus) or Ultralente insulin.

When: At the time the usual morning dose of insulin is due.
4. If taking insulin by insulin pump:
 - DO NOT** give meal bolus doses of insulin.
 - Continue infusing basal insulin. Adjust the basal insulin dose if basal rates are likely to cause the blood sugar to rise or fall when you are stressed or not eating.
5. Check your blood sugar every 4 hours until you come to the hospital. If **AT ANY TIME** your blood sugar is:
 - 70 mg/dl or less, refer to the section of this handout entitled **"IF your blood sugar is 70 mg/dl or less AND you are being treated with diabetes medications that can cause LOW BLOOD SUGAR"** (See #2 and #4 on the other side of this page).
 - 200 mg/dl or more, refer to the section of this handout entitled **"IF your blood sugar is 200 mg/dl or more"** (See #3 and #5 below).

IF your blood sugar is 200 mg/dl or more:

1. **DO NOT** take ANY oral diabetes medications.
2. **DO NOT** take your **USUAL** dose of Regular, Lispro (Humalog), or Aspart (NovoLog) insulin by syringe.
3. If you have written guidelines for treating high blood sugar, treat the high blood sugar using the prescribed guidelines.
4. If taking insulin by syringe or insulin pump, give insulin as described in the section **"IF your blood sugar is 71 to 199 mg/dl"** (See #3 and #4 above).
5. Call the hospital/clinic where the diagnostic procedure is to be done. Inform them of the high blood sugar. They may request that you come to an earlier appointment.

