

Before GI Procedure Instructions

for adult non-pregnant patients taking diabetes meds



Name _____ Procedure Date _____

To prepare for your GI procedure (endoscopy, colonoscopy, etc), you will need to adjust your diabetes medications. For colonoscopy, you will typically stop eating solid foods and only drink clear liquids 24 hours before your procedure. After your procedure, when eating normally again, take your medications as usual. Your doctor may have different instructions specific for you.

3-7 DAYS BEFORE PROCEDURE

Blood Sugar	<ul style="list-style-type: none"> Inform your diabetes healthcare provider if your blood sugars are less than 70 or greater than 200 mg/dL.
Long-acting GLP1 Medications	<ul style="list-style-type: none"> Stop taking Bydureon BCise[®], Ozempic[®], Mounjaro[®], Rybelsus[®], Trulicity[®], Wegovy[®], Zepbound[®] 7 days before procedure.
SGLT2 Medications	<ul style="list-style-type: none"> Stop taking Steglatro[®] 4 days before procedure. Stop taking Brenzavvy[®], Farxiga[®], Invokana[®], Jardiance[®] 3 days before procedure.

DAY BEFORE PROCEDURE (CLEAR LIQUID DIET)

Pills and Short-Acting GLP1 Medications	<ul style="list-style-type: none"> Stop taking Byetta[®], Saxenda[®], Victoza[®]. Take half your usual dose of Amaryl[®], Glucotrol[®], and Glucotrol XL[®], Glufast[®], Glynase[®], Prandin[®] or Starlix[®]. Take other diabetes medications as usual except those listed above (which have already been stopped).
Mealtime/Correction Insulin	<ul style="list-style-type: none"> Take 50% of your usual doses (see back) unless your healthcare team gave you other instructions.
Background Insulin (Basal)	<ul style="list-style-type: none"> Take 80% of your usual dose (see back). For NPH, take 50% of your dose (see back).
Premixed Insulin	<ul style="list-style-type: none"> Take 50% of your usual doses (see back) unless your healthcare team gave you other instructions.

DAY OF PROCEDURE

Blood Sugar (Correction Insulin/Scale)	<ul style="list-style-type: none"> Check blood sugar when you wake up and every 4 hours until you get to the clinic or hospital. If blood sugar is less than 70 mg/dL, take 15 grams of glucose gel or drink 4 oz. of clear juice. If you use a correction scale and your blood sugar is above 200 mg/dL, give insulin. Tell staff about any low or high blood sugar as soon as you arrive. If you have taken any GLP1 medication (see back) within the last week, inform your health care team because these medications can delay food moving through your stomach.
Diabetes Medication (pills and non-insulin injectables)	<ul style="list-style-type: none"> Do not take.
Mealtime Insulin	<ul style="list-style-type: none"> Do not take.
Background Insulin (Basal)	<ul style="list-style-type: none"> In the morning, take 80% of your dose (see back). For NPH, take 50% of your dose (see back).
Premixed Insulin	<ul style="list-style-type: none"> Do not take unless you received other instructions.

AFTER PROCEDURE

When you are eating normally again, resume your normal diabetes medication routine.

COMMON DIABETES DRUG NAMES	
TYPE OF MEDICINE	BRAND (GENERIC)
Pills	Amaryl® (glimepiride) Brenzavvy® (bexagliflozin) Farxiga® (dapagliflozin) Glucophage®/Glucophage XR® (metformin) Glucotrol XL®/Glucotrol® (glipizide) Glynase® (glyburide) Invokana® (canagliflozin) Jardiance® (empagliflozin) Januvia® (sitagliptin) Rybelsus® (semaglutide) Steglatro® (ertugliflozin) Tadjenta® (linagliptin)
Non-insulin, Short-acting Injectable Medications (GLP1)	Byetta® (exenatide) Saxenda® (liraglutide)* Victoza® (liraglutide) <small>*FDA-approved for weight management</small>
Non-insulin, Long-acting Injectable Medications (GLP1)	Bydureon BCise® (exenatide) Mounjaro® (tirzepatide) Ozempic® (semaglutide) Rybelsus® (semaglutide given as a pill) Trulicity® (dulaglutide) Wegovy® (semaglutide)* Zepbound® (tirzepatide)* <small>*FDA-approved for weight management</small>
Mealtime/Correction Insulin	Afrezza® (Insulin oral inhalation) Apidra® (glulisine) Humalog®/Admelog® (lispro) Novolog®/Fiasp® (aspart) Humulin/Novolin (Regular insulin)

COMMON DIABETES DRUG NAMES	
TYPE OF MEDICINE	BRAND (GENERIC)
Premixed Insulin	Humalog® Mix 75/25 Humalog® Mix 50/50 Novolog® Mix 70/30 NPH/Regular 70/30
Background Insulin (basal)	Lantus®/Basaglar®/Semglee® (insulin glargine) Levemir® (insulin detemir) NPH Toujeo® (glargine U-300) Tresiba® (degludec)

BACKGROUND (BASAL) OR PRE- MIXED INSULIN DOSE		
MY REGULAR DOSE	80% OF MY DOSE	50% OF MY DOSE
10	8	5
12	9	6
15	12	7
18	14	9
20	16	10
25	20	12
30	24	15
35	28	17
40	32	20
45	36	22
50	40	25

If you take a combination medication, instructions apply to **both** medications. If you can't find your medication on this list or are unsure of what medication you take, ask your diabetes healthcare provider.

Insulin Pump and Continuous Glucose Monitor (CGM) Instructions

During your pre-procedure evaluation, ask your provider if you can wear your pump and/or CGM during the procedure. If you will NOT wear your pump, ask your provider if you will need long-acting insulin. If you will wear your pump or CGM, follow these instructions.

NIGHT BEFORE PROCEDURE
<ul style="list-style-type: none"> Change your pump insertion set and reservoir. If you use your insulin pump in manual mode, set your basal rate to 80% (20% less) of your usual dose. After your procedure and you are eating, set it back to your usual dose unless otherwise advised by your doctor.
DAY OF PROCEDURE
<ul style="list-style-type: none"> Bring extra pump supplies (insertion set, reservoir, batteries, and insulin) and/or CGM sensor and receiver. Remind healthcare team that you are wearing an insulin pump and/or CGM. If you use a closed-loop insulin pump ("smart pump" that automatically adjusts insulin based on CGM glucose data), you should NOT receive additional insulin by injection. You may be asked to put your insulin pump in manual mode.