

## Adjusting Your Diabetes Medicine and Diet for a Test or Procedure

The guidelines below will help you adjust your diabetes medicine and diet as you get ready for your procedure or lab test. These are general guidelines only. **Always follow your healthcare provider's instructions.**

**If you're being followed by the Diabetes, Hypertension, and Cholesterol Centre, a diabetes educator, or you have a diabetes specialist, contact them at least 1 week before your procedure for more advice about adjusting your diabetes medicine or insulin.**

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### Barium Enema and Colonoscopy

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#### Diet

- Follow the instructions from the GI (gastrointestinal) clinic about what you may eat or drink before the procedure.
- Treat the clear fluid days like a sick day and use the chart on the next page to choose what to eat and drink. Your diet can be changed to clear fluids in one of these ways:
  - If you count carbohydrate, try to drink the same amount of carbohydrate as you would eat at each meal and snack.
  - If you follow a meal pattern, any item from List 1 will replace 1 serving from the grains and starches, fruit, milk and alternatives, or other choices group.
  - If you don't follow a special diet or meal plan, eat an item from List 1 every hour.
- If your blood sugar drops below 4.0 mmol/L or if you have symptoms of low blood sugar, take 15 to 25 grams carbohydrate from List 1. Test your blood sugar again in 15 minutes and take more fluid if needed.
- Take extra fluid from List 1 if you're concerned about your blood sugar dropping too low.

<b>List 1 – Fluids that have sugar</b> Each has about 15 grams of carbohydrate	<b>List 2 – Fluids that are sugar-free</b> (Choose as desired)
<ul style="list-style-type: none"> <li>• Black tea with 1 rounded tablespoon sugar or honey</li> <li>• ½ cup regular Jell-O®</li> <li>• ½ cup regular (sugar sweetened) Kool-Aid®</li> <li>• ⅔ cup fruit drink or fruit juice without pulp (e.g., apple, white grape)</li> <li>• ⅔ cup regular pop</li> <li>• 1 cup sports drinks (e.g., Gatorade®)</li> </ul>	<ul style="list-style-type: none"> <li>• water</li> <li>• clear bouillon, broth, or consommé</li> <li>• diet pop</li> <li>• diet Kool-Aid® or Crystal-Lite®</li> <li>• black coffee or tea</li> <li>• diet popsicle</li> <li>• diet Jell-O</li> </ul>

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## Testing Your Blood Sugar

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**Test your blood sugar anytime you feel your blood sugar is high or low.**

- Test your blood sugar at least every 4 hours. Blood sugars in the range of 8 to 12 mmol/L are fine for these 2 days, even if it's higher than your usual target.
- If you have type 1 diabetes and your sugars are over 14 mmol/L, test your urine or blood for ketones.
- If you're not sure about your blood sugar level, speak with your healthcare provider or diabetes educator.

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## Adjusting Your Diabetes Medicine

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<b>If You Take Insulin</b>
<p><b><i>The Day Before the Test</i></b></p>
<p><b>Morning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your regular dose of morning insulin (Humulin N®, Novolin® NPH, Lantus®, or Levemir®). Your dose will be _____ units.</li> <li><input type="checkbox"/> Reduce your premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) by 30% or the amount your healthcare provider tells you. Your dose will be _____ units.</li> <li><input type="checkbox"/> Keep your insulin pump basal rate the same.</li> </ul>

## Meals

- Reduce your Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto dose by half (50%) at each meal (injections or insulin pump) or the amount your healthcare provider tells you. This will reduce the risk of low blood sugars.

You may need to reduce your dose of these meal insulins more if your blood sugar becomes low.

Your dose will be \_\_\_\_\_ units.

- Reduce your supper premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, Humalog 25/75<sup>®</sup>) by 30% or the amount your healthcare provider tells you.

Your dose will be \_\_\_\_\_ units.

## Evening

- Reduce your evening insulin (Humulin N<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, or Levemir<sup>®</sup>) by 20% to 30% or the amount your healthcare provider tells you.

Your dose will be \_\_\_\_\_ units.

- Keep your insulin pump basal rate the same. A temporary reduced basal rate of 10% to 20% overnight may be needed if there are concerns about low blood sugar.

## Test Day

### Morning

- Don't take** your morning insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto).

- Don't take** your morning premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, Humalog 25/75<sup>®</sup>) or the amount your healthcare provider tells you until after the test and you're eating.

Your dose will be \_\_\_\_\_ units.

- Reduce** the morning Humulin N<sup>®</sup>, Novolin<sup>®</sup>, NPH, Lantus<sup>®</sup>, or Levemir<sup>®</sup> by 20% to 30%.

Your dose will be \_\_\_\_\_ units.

- Keep your insulin pump basal rate the same. You may need a temporary reduced basal rate of 10% to 20% if there are concerns about low blood sugar.

- Be sure to take a source of fast-acting sugar with you.

### **After the Test**

- At your next meal take your usual morning insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto), or the amount your healthcare provider tells you ( \_\_\_\_\_ units).
- At your next meal reduce your premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, Humalog 25/75<sup>®</sup>) by 20% to 50%, or the amount your healthcare provider tells you. Your dose will be \_\_\_\_\_ units.
- Go back to your usual basal rate on insulin pump if the rate was changed.
- Go back to your usual insulin dose(s) by the evening or as your healthcare provider tells you.

### **If You Take Medicine other than Insulin**

#### ***The Day Before the Test***

- Take your medicine as normal in the morning and at lunch or as your healthcare provider tells you: \_\_\_\_\_.
- Don't take any medicine with or after your supper** or as your healthcare provider tells you: \_\_\_\_\_.

#### ***Test Day***

- Don't take any diabetes medicine until your test is done. Take your diabetes medicine once you start eating.
- If your test is in the afternoon, **don't take** your morning diabetes pills. Take your regular doses at your evening meal.
- Bring a source of fast acting sugar with you to the appointment.

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## Gastroscopy, EGD (esophagogastroduodenoscopy), or Hydrogen Breath Test

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### If You Take Insulin

#### ***The Night Before the Test***

- Reduce your evening insulin (Humulin N<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, or Levemir<sup>®</sup>) by 20% to 30% or the amount your healthcare provider tells you.  
Your dose will be \_\_\_\_\_ units.
- Follow the instructions the GI clinic gives you about what you may eat or drink before the procedure.

#### ***Test Day***

##### **Morning**

- Don't take** your morning insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto).
- Don't take** your morning premix insulin (Humulin 30/70<sup>®</sup>, Novolin<sup>®</sup> 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) until after the test and you're eating.
- Reduce** the morning insulin (Humulin N<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, or Levemir<sup>®</sup>) dose by 30%.  
Your dose will be \_\_\_\_\_ units.
- Don't change** your insulin pump basal rate. You may need a temporary reduced basal rate of 10% to 20% if there are concerns about low blood sugar.
- Be sure to take a source of fast-acting sugar with you to the appointment.

##### **After the Test**

- At your next meal take your usual morning insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto).
- At your next meal take 50% to 80% of your usual premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) or the amount your healthcare provider tells you.  
Your dose will be \_\_\_\_\_ units.
- Go back to your usual basal rate on insulin pump if the rate was changed.
- Go back to your usual insulin dose(s) by the evening or as your healthcare provider tells you.

## If You Take Medicine Other than Insulin

### ***The Day Before the Test***

- Take your diabetes medicine as usual.
- Follow the instructions the GI clinic gives you about what you may eat or drink before the test.

### ***Test Day***

- **Don't take** your diabetes medicine until the test is done.
- **Take your diabetes medicine** with your first meal after the test or with your supper meal or as your healthcare provider tells you: \_\_\_\_\_

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## Fasting Blood Tests

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To prevent low blood sugars:

- Have the lab procedure done as early in the morning as possible.
- Take your diabetes medicine (pills, insulin, or insulin by pump) as usual the day before the test or as your healthcare provider tells you: \_\_\_\_\_
- Test your blood sugar before leaving home. If your blood sugar is less than 4 mmol/L, treat, eat a meal, and have the blood test done on another day.
- Take your usual morning diabetes medicine (pills, insulin, meal bolus on pump) after the test is done and you're ready to eat.

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## Other X-Ray Tests

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### **If Dye is Injected**

If you take medicine that has metformin in it (e.g., Glucophage<sup>®</sup>, Glumetza<sup>®</sup>, Janumet<sup>®</sup>, Avandamet<sup>®</sup>, Jentadueto<sup>®</sup>, Komboglyze<sup>®</sup>, etc.) **don't take it** the day of the test and for 2 days after the test.

### **FDG PET-CT**

The clinic that's doing this test will tell you the range to keep your blood sugar in. This is important because blood sugar levels outside of this range may affect the test results, which means that the test may be cancelled.

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*This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*