

## Diabetic Diet and Medication Instructions for Upper Endoscopy

The following information is both diet and medication recommendations for our diabetic patients undergoing endoscopic procedures. Please call if you have any questions about these suggestions. Depending on your specific situation, we may refer you back to your PCP or Endocrinologist for further instruction.

**For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.**

- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.

### ADJUSTING YOUR DIABETIC MEDICATIONS:

- **Follow these instructions on the *DAY OF PROCEDURE* from the time you wake up until your procedure.**
- **Do not make up or "double up" on any missed medication after the procedure.**
- **If your medication is not listed, talk to your endocrinologist or your primary care provider.**

If you take:	Instructions:	
<b>Actos</b> (pioglitazone) <b>Actoplus Met</b> (pioglitazone & metformin) <b>Avandia</b> (Rosiglitazone) <b>Avandamet</b> (Rosiglitazone maleate & metformin hcl) <b>Byetta</b> (exenatide) <b>Farxiga</b> (dapagliflozin)	<b>Glucophage</b> (metformin) <b>Invokana</b> (canagliflozin) <b>Januvia</b> (sitagliptin) <b>Janumet</b> (sitagliptin and metformin HCl) <b>Nesina</b> (alogliptin) <b>Onglyza</b> (saxagliptin) <b>Tradjenta</b> (linagliptin)	Take your usual dose
<b>Amaryl</b> (glimepiride), <b>Avandaryl</b> (glimepiride & rosiglitazone) <b>DiaBeta</b> (glyburide) <b>Glynase</b> (glyburide) <b>Micronase</b> (glyburide) <b>Duetact</b> (pioglitazone & glimepiride) <b>Glucotrol/Glucotrol XL</b> (glipizide)	<b>Glucovance</b> (glyburide & metformin) <b>Jardiance</b> (empagliflozin) <b>Metaglip</b> (glipizide & metformin HCl) <b>Prandin</b> (repaglinide) <b>Starlix</b> (nateglinide) <b>Victoza</b> (liraglutide)	Do not take
Lantus or Levemir		Take ½ the usual dose
Humalog, Novolog, Regular Insulin or NPH Insulin ▪ If you use insulin sliding scale, you may continue using it.		Do not take
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30		Do not take
<b>Non-insulin injectables: Bydureon</b> (exenatide), <b>Tanzeum</b> (albiglutide), <b>Trulicity</b> (dulaglutide)		Take only if your weekly dose is due during this time.
<b>Insulin Pumps</b> • Contact your endocrinologist to discuss management of your insulin around the time of your procedure		Contact your endocrinologist