

## Diabetes(insulin/tablets) and Weight Loss Medication Guide for Outpatient Testing

Check your blood sugar often (at least every 4 hours). Since you will be fasting, your blood sugar may drop faster than normal. If you have symptoms of low blood sugar, treat with glucose tablets OR 6 oz. of clear juice or carbonated beverage (coke, sprite, apple juice) and call the office.

Type 1 Diabetics with **insulin pump**. Contact your endocrinologist for further pump instructions.

Type 2 Diabetics-Follow the diabetes medication guide below as you prepare for your procedure.

IF YOU TAKE:			
<b>SGLT2 Inhibitor:</b> (either by themselves or combined with another diabetes medicine) Invokana, Farxiga, Jardiance, Invokamet, Xigduo, Synjardy, Glyxambi, Suglat, Steglatro, Segluromet, Steglujan, Qtern, Deberza		<b>Discontinue these medications 4 days prior to your procedure.</b> If there is a continued elevation in glucose levels, you must contact the prescribing physician for guidance.	
<b>GLP-1 Agonists:</b> Ozempic/Wegovy/Rybelsus(oral)/Semaglutide, Trulicity/Dulaglutide,Victoza/Saxenda/Liraglutide, Mounjaro/Zepbound/Tirzepatide, Adlynxin/Lixisentide, Bydureon/Byetta/Exenatide, Tanzeum/Albiglutide, Soliqua  <b>Other Weight Loss Medications:</b> Phentermine, Adipex and Qsymia  <b>***FOR ALL GLP-1 AND WEIGHT LOSS MEDICATIONS, YOU MUST BE ON A CLEAR LIQUID DIET 24 HOURS PRIOR TO YOUR PROCEDURE***</b>		Discontinue medication prior to procedure per guideline below: <b>**If your procedure will be done at our Summit Endoscopy Center:</b> <ul style="list-style-type: none"><li>Oral medications <b><u>discontinue 4 DAYS</u></b> prior to procedure</li><li>Daily injections <b><u>discontinue 4 DAYS</u></b> prior to procedure</li><li>Weekly injections <b><u>discontinue 7 DAYS</u></b> prior to procedure</li><li>Oral weight loss medications <b><u>discontinue 7 DAYS</u></b> prior to procedure</li></ul> <b>**If your procedure will be done at Piedmont Fayette Hospital:</b> <ul style="list-style-type: none"><li>All GLP-1 Agonists medications discontinue <b><u>7 DAYS</u></b> prior to procedure</li></ul>	
THE DAY BEFORE YOUR PROCEDURE			
IF YOU TAKE:	MORNING	LUNCH/DINNER	BEDTIME
<b>GLP-1 Agonists and Weight Loss Medications (Listed above)</b>	<b>Clear liquid diet</b>	<b>Clear liquid diet</b>	<b>Clear liquid diet</b>
Metformin	<b>DO NOT TAKE</b>	<b>DO NOT TAKE</b>	<b>DO NOT TAKE</b>
Oral diabetes medicines (besides the SGLT2 inhibitors listed above and Metformin)	Tradjenta: Take your usual dose Glipizide, Prandin: take ½ your usual dose	Tradjenta:Take your usual dose Glipizide, Prandin: Take ½ your usual dose.	
Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba	Take ½ your usual dose		Take ½ your usual dose
Intermediate acting insulin: NPH, Humulin N, Novolin N	Take ½ your usual dose		Take ½ your usual dose
Rapid/ Short acting insulin: Humalog, Novolog, Regular, Novolin R	Take ½ your usual dose	Take ½ your usual dose	
Premixed insulin: Humulin 70/30, Novolin 70/30, Humulin 50/50, Humalog 75/25	Take ½ your usual dose	Take ½ your usual dose	

THE DAY OF YOUR PROCEDURE			
GLP-1	Nothing by mouth	Nothing by mouth	After the procedure eat and take usual dose of medication as scheduled
Metformin	DO NOT TAKE	DO NOT TAKE	After the procedure, eat and take your usual dose.
Oral diabetes medicines (besides the SGLT2 inhibitors listed above)	DO NOT TAKE	After the procedure, eat and take your usual dose.	
Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba	If blood sugar is over 100: take ½ usual dose If blood sugar is under 100: DO NOT TAKE		After the procedure, eat and take your usual dose.
Intermediate acting insulin: NPH, Humulin N, Novolin N	If blood sugar is over 100: take ½ usual dose If blood sugar is under 100: DO NOT TAKE		After the procedure, eat and take your usual dose.
Rapid/ Short acting insulin: Humalog, Novolog, Regular, Novolin R	DO NOT TAKE	After the procedure, eat and take your usual dose.	
Premixed insulin: Humulin 70/30, Novolin 70/30, Humulin 50/50, Humalog 75/25	If blood sugar is over 100: take ½ usual dose If blood sugar is under 100: DO NOT TAKE	After the procedure, eat and take your usual dose.	
IF YOU TAKE: AFTER THE PROCEDURE			
SGLT2 Inhibitor (either by themselves or combined with another diabetes medicine) Invokana, Farxiga, Jardiance, Invokamet, Xigduo, Synjardy, Glyxambi, Suglat, Steglatro, Segluromet, Steglujan, Qtern, Deberza, Soliqua		After the procedure, eat and take your usual dose.	

**Helpful hint:**

It is okay to take liquids containing sugar if a clear liquid diet has been prescribed.

Sample Diet: May substitute equivalent clear liquids 8 oz. Diet Soft Drink, 8 oz. regular Jello (no red or purple), 1 regular Popsicle (no red or purple), 8 oz. apple juice, broth