

# Type 2 Diabetes



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

## Medicines before Tests or Surgery

**If you are not sure how to adjust your diabetes medicines, talk to your doctor or nurse before your test or surgery date. Follow your doctor's directions if they are different than the guidelines on this handout.**

**Diabetes medicines may need to be stopped or changed before a test or surgery.** This is important for your health. There is less of a chance for infection or other problems if your blood sugar is in the normal range before a test or surgery.

- **If you are on a clear liquid diet the day before your test or surgery,** call your doctor to check if you need to make other changes to your medicine dose.
- **Check your blood sugar the morning of your test or surgery.** If it is above 250 or less than 70, call your doctor for more instructions. High or low blood sugars may result in a delay or cancellation of your test or surgery that day.
- **Tell your nurse that you have diabetes** when you arrive at the test area or at pre-operative holding area.

## Your oral diabetes medicines

These are general guidelines for how to take insulin before tests or surgery. Check with your doctor to see how much insulin you need and if you need to follow different guidelines.

- If you are having a test or surgery that includes IV contrast dye and you take Glucophage, also called metformin, or any other medicine that has metformin in it, such as Metaglip, Glucovance, Avandamet or ACTO plus Met:**
  - Stop the medicine the day before the test or surgery. You should take your last dose on \_\_\_\_\_(date).
  - Do not take this medicine for 2 days after your test or surgery. Restart this medicine on the third day after your test or surgery.
  - If you are not sure if you will have a test with IV contrast, call your doctor to find out.
- If you are having a same day test or surgery and you take other diabetes pills:**
  - Do not take your diabetes pills in the morning before your test or surgery.
  - If your test or surgery is done before noon and you are able to eat and drink, take your morning diabetes medicine after your test or surgery.
  - If your test or surgery is done after noon and you are able to eat and drink, take your diabetes medicine at the next scheduled time. You will skip your morning dose.
- Check your blood sugar at least 4 times each day for the next 1 to 2 days after your test or surgery.**

## If you take insulin

### ☐ If you take Lispro, Humalog, Aspart, Novolog, Glulisine, Apidra or Regular insulin:

- Do not take the dose the morning of your test or surgery.
- You can start your usual dose after your test or surgery when you are able to eat and drink.
- Plan to check your blood sugar at least 4 times each day for the next 1 to 2 days after your test or surgery.

### ☐ If you take Detemir, Levemir, Glargine or Lantus insulin:

- Cut your dose in half the evening before or the morning of your test or surgery. For example, if your usual dose is 32 units,  $32/2 = 16$ . Your reduced dose would be 16 units.
- If you are not sure, ask your doctor how much insulin you should take.
- Take \_\_\_\_\_ units of \_\_\_\_\_ on the night before or the morning of your test or surgery.
- If you are able to eat and drink after your test or surgery, take your usual evening dose.
- Plan to check your blood sugars at least 4 times each day for 1 to 2 days after your test or surgery.

### ☐ If you take NPH, 70/30, 75/25, or 50/50 insulin:

- Reduce your evening dose the day before your test or surgery to 80%. Use the table to find your reduced dose.
- Also, reduce your morning dose by  $\frac{1}{2}$  or 50% of your usual dose the day of your test or surgery. For example, if your usual morning dose is 30 units, you would take only 15 units. Take \_\_\_\_\_ units of \_\_\_\_\_ the morning of your test or surgery.

## 80% of usual insulin dosing chart

Use this chart to know how much insulin you need before a test or surgery at 80% of your usual dose.

Nearest to your usual dose	80% reduced dose
5	4
10	8
15	12
20	16
25	20
30	24
35	28
40	32
45	36
50	40
55	44
60	48
65	52
70	56
75	60
80	64
85	68
90	72
95	76
100	80

- If you are able to eat and drink after your test or surgery, resume your usual evening dose.
- Plan to check your blood sugars at least 4 times each day for 1 to 2 days after your test or surgery.

**Talk to your doctor or health care team if you have any questions about your care.**

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).