

1. Nothing to eat for 6 hours before arrival time.
2. Clear liquids may be consumed up to 4 hours before arrival time.
3. The Night before your Endoscopy, DO take your usual Diabetic Medications.
4. The Morning of your Endoscopy, DO NOT take your long-acting Insulin or diabetic pills.
5. Check a finger stick when you wake up. If you have rapid-acting Insulin (Regular, Lispro, Humalog, Aspart and Novalog), use the following scale:
  - Finger stick less than 200-\*No Insulin\*
  - Finger stick 201-250-\*2 Units of rapid-acting Insulin\*
  - Finger stick 251-300-\*4 Units of rapid-acting Insulin\*
  - Finger stick more than 300-\*6 Units of rapid-acting Insulin\*

If you have further questions about your Diabetes the morning of your Endoscopy, please call the Physician who normally cares for your Diabetes.

If you have low sugar episodes the Morning of Surgery, put granulated sugar inside you lip and cheek and let dissolve, or take your glucagon shot.

**Additional Instructions:** Always bring your Medications with you the day of the procedure.

**Please call the office during regular business hours for any questions.**  
**405.533.1695 Monday–Friday 8:00 AM–4:30 PM**

I understand the above discharge instructions and have been given the opportunity to ask questions.

_____	_____	_____
Patient's Signature and/or Other Responsible Person	Date	Time
_____	_____	_____
Nurse's Signature	Date	Time
_____	_____	_____
Physician's Signature	Date	Time

Reviewed/Revised: 8/18  
Reference:  
For Use On:

STILLWATER MEDICAL CENTER  
**Diabetic Patient Instructions**  
Adult Gastroenterology of Stillwater

Patient Label (Pt Name, V#, MR#,  
DOB, DOS, Age, Sex, Loc, Physician)