

Having an Outpatient Test? Plan Ahead!

For patients with diabetes, any test or procedure that causes you to miss a meal or change how you eat will require special planning to safely manage your blood sugar. Because the timing of your meals and medicines will be different than usual, your blood sugar level is also likely to be different than usual and you will want to watch it closely.

- Try to schedule your test early in the day so you'll be able to resume eating along with your medicine as close to your usual time as possible.
- Test your blood sugar more often—at least before meals and bedtime and if you think it's high or low.
- On the day of the test, check your blood sugars every few hours before the test and until you are ready to eat again. Take your blood sugar meter and test strips with you.
- Be sure to tell the medical staff if you think you are having a low blood sugar during the procedure. Bring a fast acting clear liquid carb like apple juice or Sprite with you.
- If you have Type I diabetes, also check your urine for ketones when your blood sugars are over 300mg/dl. If ketones are moderate or large, contact your health care provider for advice.
- If you have a low blood sugar reaction while preparing for a test, you must treat it. You can use a clear liquid containing carbohydrates like ½ cup apple juice or ½ cup of regular Sprite.

What if I take insulin?

You may need to decrease the dose during the days before the test and the night before the test. If you take fast acting insulin at meals, you probably will not need as much if you are only having clear liquids. Most people are instructed not to take any fast acting insulin the morning of their test. You will

be able to resume your fast acting insulin when you eat after the test. Your medical team will help you decide how to adjust your insulin before the test and when to take it after the test.

What if I take pills?

You may be instructed not to take your pill the morning of your test, but to take it right after the test. Some of the pills for diabetes (Glipizide, Glyburide and Amaryl) make your pancreas secrete insulin, which could cause a low blood sugar if you are not eating. Your medical team will help you decide if you should stop taking your pills, and when you should start taking them again.

What if I take metformin (Glucophage)?

If you take metformin or any pills containing metformin, you should not take them the morning of the test. For any tests that inject dye (CT scans, IVP, some Angio procedures), you will be instructed not to take your Metformin containing pills the entire day of the test and for two days after the test. A blood test for kidney function may need to be done before you restart these pills. Please speak to your doctor or nurse about this.

What if your prep calls for clear liquids?

You will be replacing all of your carbohydrates with clear liquids—those are the ones that you can see through. You will need to have some clear liquids with carbohydrates. These are digested more rapidly and you will be more likely to have a low blood sugar reaction. Therefore it's a good idea to have your clear liquids in small amounts throughout the day. Drink the liquids at breakfast time, mid-morning, lunch time, mid-afternoon, dinner, and bedtime. Do NOT use liquids that are red or purple.

The following clear liquids are recommended:

Liquid:	Grams of Carbohydrate:
Chicken or beef broth	1 cup 0 grams
Apple juice	½ cup 15 grams
White grape juice	1/3 cup 15 grams
Jello (no red or purple)	½ cup 20 grams
Popsicles (no red or purple)	see Nutrition label
Kool-Aid (no red or purple)	½ cup 10 grams
Regular sodas, not Sports Drinks (Gatorade®)	½ cup 10 grams see Nutrition label

*Coffee (no cream or milk), tea, broth, clear diet sodas and water may be taken at any time.

These are general guidelines. Please call the healthcare provider who manages your diabetes for more specific instructions.

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