

Preoperative Instructions for Diabetic Patients (IV Sedation)

Most people with diabetes today use carbohydrate counting as the means by which they determine how much insulin to take. That makes things a lot easier than it used to be. Clear liquids are usually allowed up 2 hours prior to surgery. You should consume your **normal amount of carbohydrate** that you normally consume during breakfast but in liquid form, with either apple juice or white grape juice. This way, you are still getting the normal carbohydrate amount that “matches” your insulin or oral medication, but you are consuming those carbohydrates in a form that is much safer for anesthesia.

For example: Two pieces of toast and a glass of milk for breakfast = 42 grams, which then equates to about 12 ounces of white grape or apple juice.

Don't worry about the protein or fat in the meal. *If you consume 42g of carbohydrates at breakfast then consume the same amount of carbs in the form of apple or white grape juice.* Depending on the juice, that will be about 12 ounces. If you have questions relative to the example I have provided please ask me or consult your physician so that we can advise you appropriately prior to your surgery.

Bring your glucose meter with you to your surgery appointment in the event that we need to check your plasma glucose.