



## A GUIDE TO

## Diabetes Medicines Before Surgery



### For those who do not have diabetes and are taking GLP-1 medicines for weight loss:

Please follow the instructions for the following medicine you are taking:

- **Diabetes Medicine taken by mouth Semaglutide (Rybelsus®)**
- **Non-insulin injections (shots) - taken every day**
- **Non-insulin injections (shots) - taken weekly**

### For those who have diabetes, the day of surgery:

- If you use a blood glucose monitor (fingerstick) or a CGM (continuous glucose monitor), check your blood sugar when you wake up and every 4 hours, until you arrive at the hospital.
- If you have low blood glucose (less than 70), you should drink a **clear sugar-containing** beverage that has 15 grams of carbohydrates such as 4 oz. of apple juice or 8 oz. of Gatorade®. **Do not** drink orange juice.

- If you do not have a blood glucose monitor at home, but have signs and symptoms of low blood sugar, you should drink a **clear sugar-containing** beverage that has 15 grams of carbohydrates such as 4 oz. of apple juice or 8 oz. of Gatorade®. **Do not** drink orange juice.
- Please do not have more than **16 oz. of a clear liquid** within **2 to 4 hours** before arriving at the hospital.
- The preadmission testing staff will also remind you of these guidelines when they call the day before surgery with your pre-surgery instruction.
- If you take insulin, please see the table below.
- If you take any other insulin or injectable that does not appear in the table below, you should contact the care provider who prescribed it at least **1 week before surgery** to get instructions.
- **Contact your diabetes care provider for more instructions on how to manage your diabetes before surgery.**

continued >

Medicine	Instructions
<p><b>Diabetes medicines taken by mouth</b></p> <ul style="list-style-type: none"> <li>• Most tablets and capsules not listed in the table below.</li> <li>• Examples: Metformin, Micronase®, Glucotrol®, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take the morning of surgery.</li> <li>• Follow your usual diet through the day before surgery.</li> </ul>
<p><b>Diabetes medicine taken by mouth</b></p> <ul style="list-style-type: none"> <li>• Semaglutide (Rybelsus®) is a GLP-1 agonist taken daily but may remain in your body for 7 days</li> </ul>	<ul style="list-style-type: none"> <li>• Stop taking <b>7 days</b> before surgery.</li> <li>• You must contact your diabetes care provider at least <b>2 weeks</b> before surgery for instructions to manage your blood sugar during the 7 days before surgery.</li> </ul>
<p><b>Diabetes medicines taken by mouth (SGLT-2 inhibitors)</b></p> <ul style="list-style-type: none"> <li>• Canagliflozin (Invokana®)</li> <li>• Dapagliflozin (Farxiga®)</li> <li>• Empagliflozin (Jardiance®)</li> <li>• Ertugliflozin (Steglatro®)</li> <li>• Dapagliflozin/metformin (Glyxambi®)</li> <li>• Empagliflozin/metformin (Synjardy®)</li> <li>• Dapagliflozin/metformin (Xigduo®)</li> <li>• Canagliflozin /metformin (Invokamet®)</li> </ul>	<ul style="list-style-type: none"> <li>• Stop taking <b>3 days</b> before surgery.</li> <li>• You must contact your diabetes care provider at least <b>2 weeks</b> before surgery for instructions to manage your blood sugar during the 3 days before surgery.</li> </ul>
<p><b>Non-insulin medicines taken by injection (shot) – Taken every day (GLP-1 inhibitors)</b></p> <ul style="list-style-type: none"> <li>• Exenatide (Byetta™)</li> <li>• Liraglutide (Victoza®; Saxenda®)</li> <li>• Lixisenatide (Adlyxin®)</li> <li>• Pramlintide (Symlin®)</li> </ul>	<ul style="list-style-type: none"> <li>• Stop taking <b>24 hours</b> before your scheduled surgery.</li> <li>• Follow your usual diet through the day before surgery.</li> </ul>
<p><b>Combination GLP-1 and insulin medicines taken by injections (shots) - Taken every day</b></p> <ul style="list-style-type: none"> <li>• Insulin glargine/Lixisenatide (Soliqua®)</li> <li>• Insulin degludec/Liraglutide (Xultrophy®)</li> </ul>	<ul style="list-style-type: none"> <li>• Soliqua® and Xultrophy® are injectable products that contain <b>both</b> long-acting insulin and GLP-1.</li> <li>• Stop taking these medicines <b>24 hours</b> before surgery.</li> <li>• <b>You still need to take insulin.</b></li> <li>• You must contact your diabetes care provider at least <b>2 weeks</b> before surgery for instructions to manage your insulin/blood sugars during the 3 days before surgery.</li> </ul>

Medicine	Instructions
<p><b>Non-insulin medicines taken by injection (shot) - Taken weekly (GLP-1 inhibitors)</b></p> <ul style="list-style-type: none"> <li>• Dulaglutide (Trulicity™)</li> <li>• Exenatide (Bydureon®)</li> <li>• Semaglutide (Ozempic®, Wegovy®)</li> <li>• Tirzepatitide (Mounjaro®, Zepbound™)</li> </ul>	<ul style="list-style-type: none"> <li>• Stop taking <b>7 days</b> before surgery.</li> <li>• You must contact your diabetes care provider at least <b>2 weeks</b> before surgery for instructions on how to manage your blood sugar during the 7 days before surgery.</li> </ul>
<p><b>Rapid-acting insulin injection (shot)</b></p> <ul style="list-style-type: none"> <li>• Insulin lispro (Humalog®, Admelog®, Lyumjev™)</li> <li>• Insulin aspart (NovoLog®, Fiasp®)</li> <li>• Insulin glulisine (Apidra®)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take the morning of surgery.</li> <li>• Follow your usual diet and blood sugar management plan through the day before surgery.</li> </ul>
<p><b>Short-acting insulin injection (shot)</b></p> <ul style="list-style-type: none"> <li>• Regular insulin (Humulin® R or Novolin® R)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take the morning of surgery.</li> <li>• Follow your usual diet and blood sugar management plan through the day before surgery.</li> </ul>
<p><b>Premixed insulin injection (shot)</b></p> <ul style="list-style-type: none"> <li>• Humulin® 70/30</li> <li>• Humalog® 75/25, Humalog® 50/50</li> <li>• NovoLog® 70/30</li> <li>• Ryzodeg™ 70/30</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take the morning of surgery.</li> <li>• Follow your usual diet and blood sugar management plan through the day before surgery.</li> </ul>
<p><b>Long-acting insulin injection (shot) - Taken every day</b></p> <ul style="list-style-type: none"> <li>• Insulin glargine (Lantus®, Toujeo®, Basaglar®, Semglee®)</li> <li>• Insulin detemir (Levemir®)</li> </ul>	<ul style="list-style-type: none"> <li>• Follow your usual diet and blood sugar management plan through the day before surgery.</li> <li>• If you normally take your dose in the evening or at bedtime, then the evening before surgery you should take <b>½ the usual dose</b>.</li> <li>• If you normally take your dose in the morning at a time that is <b>before</b> your scheduled hospital arrival time, take <b>½ the usual dose</b> on the day of surgery and let the surgical staff know when you arrive.</li> <li>• If you normally take a dose in the morning at a time that is <b>after</b> your scheduled hospital arrival time, <b>do not</b> take this dose and let the surgical staff know when you arrive.</li> </ul>
<p><b>Long-acting insulin injection (shot)</b></p> <ul style="list-style-type: none"> <li>• Insulin degludec (Tresiba®)</li> </ul>	<ul style="list-style-type: none"> <li>• Tresiba lasts longer than 24 hours.</li> <li>• You must contact your diabetes care provider at least <b>1 week</b> before surgery for instructions on how to manage your insulin the evening before and the morning of surgery.</li> <li>• Some diabetes providers may recommend a reduced dose during the days leading up to surgery.</li> </ul>

Medicine	Instructions
<p><b>Intermediate-acting insulin injection (shot)</b></p> <ul style="list-style-type: none"> <li>NPH (Humulin® N, Novolin® N)</li> </ul>	<ul style="list-style-type: none"> <li>Follow your usual diet and blood sugar management plan through the day before surgery.</li> <li>If you normally take your dose in the evening or at bedtime, then the evening before surgery you should take <b>½ the usual dose</b>.</li> <li>If you normally take your dose in the morning at a time that is <b>before</b> your scheduled hospital arrival time, take <b>½ the usual dose</b> on the day of surgery and let the surgical staff know when you arrive.</li> <li>If you normally take a dose in the morning at a time that is <b>after</b> your scheduled hospital arrival time, <b>do not</b> take this dose and let the surgical staff know when you arrive.</li> </ul>
<p><b>Humulin® R U-500 (concentrated insulin) injection (shot)</b></p>	<ul style="list-style-type: none"> <li><b>Do not</b> take the morning of surgery unless you are instructed to by your diabetes care provider.</li> <li>You must contact your diabetes care provider at least <b>1 week</b> before surgery for instructions on how to manage your insulin/blood sugar the evening before and the morning of surgery.</li> </ul>
<p><b>Insulin Pump</b></p>	<ul style="list-style-type: none"> <li>You must contact your diabetes care provider for instructions on how to adjust basal rates and correction doses during the evening before and the morning of surgery.</li> <li>If the pump will be worn during the surgery, you should change the insertion site, tubing, and reservoir the day before surgery.</li> <li>For surgery involving the abdomen (belly), place your pump in an area other than the abdomen, such as the outer arm, upper thigh, or outer thigh.</li> <li>Bring extra supplies to the hospital (insertion set, tubing, reservoir, batteries, chargers, insulin, pods, etc.).</li> <li>Please remind the surgical staff that use an insulin pump, especially if you are wearing it into surgery.</li> </ul>
<p><b>V-Go® Pump</b></p>	<ul style="list-style-type: none"> <li>Contact your diabetes care provider for more instructions on managing diabetes the evening before and the morning of surgery.</li> </ul>