

PROCEDURE FOR: Diabetes Mellitus Management - Periprocedural Care

- POLICY:**
1. All patients will be assessed prior to their operative or invasive procedure for diabetes mellitus and receive instructions.
 2. Patients with diabetes mellitus will be scheduled as the first case of the day whenever possible, prioritizing for those patients on insulin. It is recommended that staff measure the patient's blood glucose level upon arrival and every 4 hours until procedure. If there are questions about diabetes management, the endocrinology fellow may be consulted.
 3. Ambulatory patients will be instructed to take no oral hypoglycemics the night before or the day of the procedure. Patients with insulin pumps will be told to continue with their basal rate, while patients receiving insulin by injection will be instructed to administer their usual dose the evening before the procedure and to hold all insulin on the day of the procedure.
 4. Patients who have been instructed by an endocrinologist or other licensed practitioner actively managing their condition to deviate from these guidelines will be instructed to follow that information and this will be noted in the medical record.
 5. Upon arrival at the Health Center, patients will be screened to determine if they have taken any insulin prior to their arrival.
 - a. Patients who have taken insulin will be admitted to the unit immediately and a finger stick for a fasting blood glucose level will be taken. The blood glucose level and the dose, type and time of insulin administration will be reported to the anesthesiologist or attending physician (if no anesthesia provider is involved) assigned to the case for further management.
 - b. Patients who have not taken insulin will be checked in per routine and have a finger stick for a fasting blood glucose level taken. The blood glucose level will be reported to the anesthesiologist or attending physician assigned to the case for further management.
 - c. Additional blood glucose measurement will be done per order.
 - d. The attending physician will be notified about patients who have taken oral hypoglycemic agents that heighten the risk of lactic acidosis (e.g. Glucophage®) within 24 hours of the procedure for further evaluation.
 6. No home readings will be used as an acceptable/reliable blood glucose measurement by hospital staff. (Patients may bring in their own meter for personal use.)
 7. The IV fluid of choice for patients with diabetes may contain dextrose, especially if blood glucose levels are below 75 mg/dL. The specific IV fluid may vary by physician preference and a specific order will be obtained.

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8. Ketone testing of urine is indicated when the blood glucose level exceeds 300mg/dL, and the physician will be contacted regarding initiation of a sliding scale for insulin administration.
9. Ambulatory patients will be offered food (from crackers and soda to a full meal) following their procedure, as tolerated by the patient. A post-prandial finger stick glucose level may be obtained per order 15 minutes after the patient has consumed 15g carbohydrates.
10. The nurse will report the amount of food tolerated by the patient to the anesthesiologist or attending physician, who will prescribe insulin as needed.
11. A blood glucose level will be taken immediately prior to discharge. Ambulatory patients will be instructed to take a blood glucose reading 2 hours after eating.
12. Patients taking oral hypoglycemic agents that heighten the risk of lactic acidosis, including but not limited to Glucophage®, will be instructed not to resume medication the day of the procedure and will not until normal oral intake returns. If radiocontrast has been administered, the patient will be instructed not to resume taking medication for 48 hours following the procedure, pending blood test verification (BUN, creatinine) of return of normal renal function.

DESIRED PATIENT

OUTCOME: The patient's blood sugar level will remain within the range of 100 - 150mg/dL.

APPROVAL: Nursing Standards Committee

EFFECTIVE DATE: 2/98

REVISION DATES: 2/99, 9/01, 3/06, 12/07, 7/08