



CLEAVER MEDICAL GROUP
SURGERY CENTER

Clever Medical Group Surgery Center: (770) 872-6179
(Tuesday & Wednesday: 8:00 AM – 5:00 PM)
Clever Medical Group Clinical Line: (770)746-6363
(Monday - Friday: 8:00 AM – 5:00 PM)
After Hours On-Call Physician: (770)746-6390

Diabetic Instructions

Steroid injections may elevate your blood sugar after your procedure. Please check your blood sugar frequently for the next **2–3 days** after your injection and adjust your medication(s) as directed by your treating physician. You may need to notify the doctor who manages your diabetes so your blood sugar can be treated appropriately.

Day of Procedure Blood Sugar Requirements

Your blood glucose will be checked when you arrive for your procedure.

- Fasting blood glucose should be **less than 180 mg/dL**
- If your blood glucose is **greater than 220 mg/dL**, your procedure **will be rescheduled**

If Your Procedure Requires Sedation / NPO Status (Nothing By Mouth)

(Do not eat or drink as instructed prior to your procedure.)

- **Oral diabetic medications** (such as Metformin) should **NOT** be taken the morning of your procedure.
- You may resume oral diabetic medications once your normal diet is resumed.
- If you take **intermediate-acting insulin**, take **50% of your usual morning dose** the morning of your procedure.
- If you take any other insulin or injectable diabetic medication, please contact the physician managing your diabetes for specific instructions.

After Your Procedure

- Resume medications as instructed.
- Continue monitoring blood sugar closely for **2–3 days** after steroid injection.
- Contact your physician if your blood sugar remains elevated, or you have concerns.