

Ryan Crenshaw, M.D.
21135 Whitfield place, Suite 102
Sterling, VA 20165
703-444-4799

INSTRUCTIONS FOR PATIENTS WITH DIABETES

A procedure has been recommended that will require you to change your usual dietary habits.

Therefore, your blood sugar may vary significantly while complying with these dietary changes. It is very important that you consult with the medical provider that is managing your diabetes to inform him/her that you are being asked to change your diet either the day of the procedure or both the day prior. Please ask this provider how you should change your diabetes medication regimen to reduce the risk of your blood sugar becoming too low or too high during your preparation for the procedure.

Please follow the instructions given to you by your provider carefully and disregard any instructions given to you by other individual such as the preoperative nurse at the Loudoun Ambulatory Surgical Center or Inova Loudoun Hospital.

Please note that your blood sugar will be measured before the procedure by a preoperative nurse using a finger stick method. This information will then be given to an anesthesiologist who will then determine if your blood sugar is at a level that is safe to proceed with the procedure. If your blood sugar is not felt to be at a level that is safe to proceed with the procedure, then it may be cancelled. If your procedure is cancelled, you will then be required to reschedule your procedure and perform the preparation again. If the cancellation occurs due to noncompliance with instructions give, then a cancellation fee will be charged.

The department of anesthesia requires that all diabetic patients who are on insulin obtain an EKG (electrocardiogram) at lease 2 weeks prior to your scheduled procedure. This can be done through your primary care providers office or the preoperative department at Inova Loudoun Hospital.

If you are taking a GLP-1 agonist daily such as Byetta (Exenatide), Victoza (Liraglutide 1.2mg/1.8mg), Saxenda (Liraglutide 3mg), Adlyxin (Lixisenatide) and/or Rybelsus (Semaglutide), **HOLD the medication the day before your procedure.**

If you are taking a GLP-1 agonist weekly such as Ozempic (Semaglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide) and/or Mounjaro (Semaglutide), **HOLD the medication for one week prior to your procedure.**

By signing below, you are acknowledging that you understand the above and will comply with these instructions.

Patient Signature

Date

Office Employee Providing Instructions

Date