



Fasting Protocol

****Gestational and Pregnant Diabetes Patients DO NOT FAST for your appointment.****

New Patients

- All new patients scheduled between 8a.m. and 11a.m. are asked to not eat or drink anything except water after midnight.
- NO COFFEE as you may be eligible for a metabolic test. (Remember, we have our wonderfully delicious coffee bars, for after your test.)
- You may take all of your non-diabetes medications, including blood pressure medications. For a detailed list of instructions on what diabetes medications to hold or bring with you for after your appointment, PLEASE SEE ATTACHED DETAILED APPROVED LIST.
- All new patients scheduled between 1PM and 4PM are allowed to eat a light breakfast between 6-7AM. Then nothing to eat or drink except water until your appointment.
- All patients may bring a snack to your appointment to enjoy after your lab work and/or metabolic testing has been completed.

Follow Up Patients

- If you have a cholesterol panel ordered, you should be fasting for your appointment. If you are not sure, please call us.
- If your appointment is scheduled between 8a.m. and 11 a.m. you are asked to not eat or drink anything except water after midnight.
- NO COFFEE as you may be eligible for a metabolic test. (Remember, we have our wonderfully delicious coffee bars, for after your test.)
- You may take all of your non-diabetes medications, including blood pressure medications. For a detailed list of instructions on what diabetes medications to hold or bring with you for after your appointment, PLEASE SEE ATTACHED DETAILED APPROVED LIST.
- If your appointment is scheduled between 1p.m. and 4p.m., you are allowed to eat a light breakfast between 6-7a.m. Then nothing to eat or drink except water until your appointment.
- All patients may bring a snack to your appointment to enjoy after your lab work and/or metabolic testing has been completed.

*If you are running low or have a tendency to run low, PLEASE DO NOT follow the fasting protocol. We can always get it on your next visit or have you visit an off-site lab one morning at your convenience.

If you have any questions about your Fasting Appointment, please call us at 1-866-MY DIABETES (1-866-693-4223). You will be routed to your local DiabetesAmerica Health Center.

If fasting for a DiabetesAmerica appointment, do not take these medications.

Bring them with you for when you eat after your appointment (upon physician approval).

Sulfonylureas

- Acts on pancreas to make more insulin
- Can cause low blood glucose
- Amaryl, Glipzide, (Glucotrol or Glucotrol XL), Glyburide
- Less well known: chlorpropamide (Diabinese), tolazamide, acetohexamide (Dymelor), tolbutamide, glyburide (Micronase, Glynase, and DiaBeta)

Meglitinides

- Stimulate pancreas to secrete more insulin in response to food
- Fast-acting meds, taken approximately 30 minutes prior to meals
- Starlix and Prandin

Combination medications that include one of these medications:

- Avadaryl, Metaglip, Glucovance

Rapid- and Fast-Acting Insulins should be held or brought with you to take when eating:

- Lispro (Humalog) *Rapid*
- Aspart (Novolog) *Rapid*
- Glulisine (Apidra) *Rapid*
- Human Regular (Humulin-R & Novolin-R) *Fast*

Mix insulins which contain these:

- 70/30 (Humulin 70/30, Novolin 70/30)
- 50/50 (Humulin 50/50)
- Humalog 75/25
- Humalog 50/50
- Novolog Mix 70/30

Incretin Hormones

- Byetta
- Symlin

OK TO TAKE these insulins:

Basal insulins given at night should be given (Lantus or Levemir or NPH (N)).

Basal insulins given in the morning should be given (Lantus or Levemir or NPH (N)).