

Diabetic Prep instructions

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of **low blood sugar** (hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness) or **very high blood sugar** (dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite).
- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Please call **your doctor's office** for any prep related questions.

Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks.

Food items <u>with</u> carbohydrates	Grams of carbohydrates
Apple juice (4 oz)	15
White grape Julie (4 oz)	20
Sports drinks (8 oz)	14
Jello, regular/sweetened (1/2 cup)	15
Popsicles (read labels)	15
Italian ice-not sherbet (read label)	30
Sugar (1 tsp or packet)	4
<i>Enlive</i> clear nutritional drink	52
<i>Resource Breeze</i> clear nutritional drink	53

Food items without carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer, Flavored water

The day before the procedure (you will be on a clear liquid diet)

If you take:	Morning	Lunch/Dinner	Bedtime
Oral medications (pills) or Byetta	Take your usual dose	Do not take	Do not take
Lantus, Levemir or NPH insulin	Take your usual dose		Take ½ the usual dose
Humalog, Novolog, Apidra or Regular insulin	Take ½ the usual dose	Take ½ the usual dose	Do not take
75/25 or 70/30 insulin	Take ½ the usual dose	Take ½ the usual dose	Do not take

Day of the procedure

If you take:	Morning	Lunch/Dinner	Bedtime
Oral medications (pills) or Byetta	Do not take	Take if the procedure is over and you are eating	Resume usual dose
Lantus, Levemir or NPH insulin	Take ½ the usual dose		Resume usual dose
Humalog, Novolog, Apidra or Regular insulin	Do not take	Take if the procedure is over and you are eating	Resume usual dose
75/25 or 70/30 insulin	Do not take	Take if the procedure is over and you are eating	Resume usual dose