

## Clear Liquid Diet Guidelines for Diabetics patients having a Colonoscopy Procedure

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.

- Schedule the appointment early in the day so you can eat afterwards and take your medication as close to the usual time as possible.
- Check blood sugars before each meal and at bedtime (or as instructed by your doctor) the day before and the day of the procedure.
- Be sure to check blood sugars if you feel symptoms of hypoglycemia (shakiness, sweating, and irritability) at any time.

### Drink clear liquids the day before your procedure.

**\*\*If you are scheduled for an EGD do not follow Clear liquid diet \*\***

Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid clear liquids that are red, blue or purple in color.

Food/Beverage Choice	Grams of Carbohydrate
Apple juice (4 ounces)	15 grams
White grape juice (4 ounces)	20 grams
Regular clear soda (4 ounces)	13 grams
Sports drink such as Gatorade (8 ounces)	14 grams
Gelatin (Jell-O), sweetened (1/2 cup)	15 grams
Orange popsicles or ice pops (read label for portion size)	15 grams
Italian ice, not sherbet (read label for portion size)	30 grams
Sugar, 1 teaspoon or packet	4 grams

### Food/Beverage choices containing zero (0) carbohydrate:

- Fat-free broth
- Diet clear soda
- Unsweetened or diet tea
- Seltzer water
- Flavored water
- Coffee (black)

SAMPLE MENU		
BREAKFAST	LUNCH	DINNER
½ cup apple or white grape juice 1 cup regular sweetened gelatin Black coffee	1 cup fat-free broth ½ cup Italian ice 1 cup regular sweetened gelatin Unsweetened or diet tea	1 cup fat-free broth ½ cup apple or white grape juice 1 cup regular sweetened gelatin Unsweetened or diet tea

**SEE BACK OF PAGE FOR DIABETIC MEDICATION GUIDELINES**

**Below you will find a list of diabetic medications and instructions. If your medication is not listed or if you have any questions, please contact the physician that prescribes your diabetic medications.**

If you take:	Day Prior to Procedure While Following a Clear Liquid Diet:	Day of Procedure:
Avandamet (Rosiglitazone and Metformin) Actoplus Met (Metformin and Pioglitazone) Cycloset (Bromocriptine) Glavus (Vildagliptin) Invokamet (Canagliflozin/Metformin HCl) Janumet (Sitagliptin and Metformin) Jenadueto (Linagliptin + Metformin) Kasano (Alogliptin-Metformin) Kombiglyze (Saxagliptin + Metformin) Metformin (Fortamet, Glucophage, Glumetza, Riomet) Nesina (Alogliptin) Onglyza (Saxagliptin) Pioglitazone (Actos) Rosiglitazone (Avandia) Sitagliptin (Januvia) SynJardy (Empagliflozin/Metformin HCl) Tradjenta (Linagliptin)	Take your usual dose	Do not take any prior to procedure. Resume normal doses once you are eating solid foods.
Amaryl (Glimepiride) Avandaryl (Rosiglitazone and Glimepiride) Byetta (Exenatide) Mounjaro (tirzepatide) Duetact (Pioglitazone and Glimepiride) Exenatide (Bydureon) Farxiga (Dapagliflozin) Glucophage (Metformin) Glipizide (Glucotrol) Glucovance (Glyburide and Metformin) Glyburide (Diabeta, Glynase, PresTab, Micronase) Glyxambi (Empagliflozin and Linagliptin) Invokana (Canagliflozin) Jardiance (Empagliflozin) Metaglip (Metformin and Glipizide) Ozempic (Semaglutide) Prandin (Repaglinide) Rybelsus (Semaglutide) Starlix (Nateglinide) Steglatro (ertugliflozin) Symlin (Pramlintide) Tanzeum, Trulicity (Dulaglutide) Victoza (Lirglutide) Xigduo XR (dapagliflozin/metformin HCL)	Do not take	Do not take any prior to procedure. Resume normal doses once you are eating solid foods.
Basaglar (Insulin Glargine injection) Lantus or NPH Insulin Levemir Soliqua (Glargine/Lixsenatide) Toujeo (Insulin Glargine injection) Tresiba (Insulin Degludec injection) Xultophy Injection	Take ½ the usual dose	Take ½ the usual dose prior to procedure. Resume usual dose when eating solid foods.
Afrezza Inhalation Powder Humalog, Novolog, or Regular Insulin Premixed Insulin; 75/25, Novolin 70/30, Novolog Mix 70/30 Relion 70/30 Ryzodeg (Insulin Degludec/Insulin Aspart)	Take ½ the usual dose	Do not take prior to procedure. Resume usual dose when eating solid foods.

**If you have an insulin pump use your basal rate and reduce your boluses by half. If your glucose starts to run low (less than 100) use a temporary basal of minus 20% or contact your endocrinologist.**