



## 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.

<b>Food/Beverage Choice</b>	<b>Grams of Carbohydrate</b>
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)

<b>SAMPLE MENU</b>		
<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
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**

## Guidelines for Pre-operative Weight Loss and Diabetes Medication Dosing

**If your medication is not listed or if you have any questions, please contact the physician that prescribes your diabetic medication(s).**

Oral Agents and Non-Insulin Injectables	Before Surgery	Day of Surgery
<b>Alpha-glucosidase inhibitors:</b> Acarbose (Precose), Miglitol(Glyset)	Take your usual dose	HOLD Do not take any prior to procedure. Resume normal doses once you are eating solid food.
<b>Amylin analog:</b> Pramlintide (Symlin)		
<b>DPP-IV inhibitors:</b> Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tradjenta), Alogliptin (Nesina)		
<b>Incretin mimitecs (GLP1 Receptor Agonists):</b> Exenatide (Byetta), Liraglutide (Victoza, Saxeneda), Lixisenatide (Adlyxin), Exenatide XR (Bydureon), Dulaglutide (Trulicity), Semaglutide (Ozempic, Rybelsius, Wegovy), Mounjaro (tirzepatide), Zepbound	Hold for 7 days prior	
ANY <b>Combination</b> oral diabetes medication (Glucovance, Avandaryl, Metaglip, Glucovance, Janumet)	HOLD 1 day prior	
<b>Meglitinides:</b> Repaglinide (Parndin), Nateglinide (Starlix)		
<b>Metformin:</b> (Glucophage)		
<b>Sulfonylureas:</b> Glyburide, Glipizide, Glimepiride (Amaryl)		
<b>Thiazolidinediones:</b> Rosiglitazone (Avandia), Pioglitazone (Actos)	HOLD 4 days prior	
<b>SGLT2 inhibitors:</b> Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), Xigduo, Synjardy, Bexagliflozin (Brenzawy)		
<b>Appetite Suppressants</b> Phentermine: (Adipex, Suprenza) and Phentermine/Topiramate (Qsymia)	HOLD 14 days prior	
Insulins	Before Surgery	Day of Surgery
<b>Basal:</b> Glargine (Basaglar, Lantus, Semglee, Toujeo, Rezvoglar), Detemir (Levemir), Degludec (Tresiba)	Take 1/2 the usual dose	Take 1/2 the usual dose prior to procedure. Resume usual dose when eating solid foods.
<b>Basal/Incretin combo:</b> Glargine/Lixisenatide (Soliqua), Degludec/Liraglutide (Xultophy)		
<b>Rapid Acting:</b> Aspart (Novolog, Fiasp), Lispro (Humalog, Admelog, Lyumjev), Glulisine (Apidra)	Take 1/2 the usual dose	Do not take prior to procedure. Resume usual dose when eating solid foods.
<b>Regular:</b> Humulin R, Novolin R, ReliOn R		
<b>NPH:</b> Humulin N, Novolin N, ReliON N		
<b>Pre-mixed with Regular:</b> Humulin 70/30, Novolin 70/30, ReliOn 70/30		
<b>Pre-mixed with Rapid Acting:</b> Humalog 75/25 or 50/50, Novolog 70/30		
CONCENTRATED Regular U-500 (Humulin U-500)		
Continuous Subcutaneous Insulin Infusion (Insulin Pump)		
<b>Inhaled</b> human insulin powder: (Afrezza)		

**If you have an insulin pump, follow your off pump plan. If your glucose starts to run low use a temporary basal of minus 20% or contact your endocrinologist.**