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Prep Instructions

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CLEAR LIQUID DIET GUIDELINES FOR DIABETICS Scheduled for 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 Carbohydrates
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 sherbert (read label for portion size)	30 grams
Sugar, 1 tsp 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)