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Prep Instructions - Diabetics Clear Liquid Diet

✓ Review these instructions as soon as you receive them to avoid cancellation

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS ONLY

! Because you have diabetes, you will need special planning to keep your blood sugar safe when a procedure makes you skip a meal or change your normal eating schedule !

- **✓ Check your blood sugar before you drink any clear liquid meal and at bedtime (or as instructed by your doctor) and if you feel symptoms of hypoglycemia (shakiness, sweating, and/or irritability) at any time**
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Food/Beverage Choices with Carbohydrate Grams:

Aim for 45 grams of carbohydrates when drinking your clear liquids and 15-30 grams of carbohydrates for snacks...avoid liquids that are red, blue or purple in color

- **✓ Apple or white grape juice (4-ounces) 15-20 grams**
- **✓ Regular clear soda (4-ounces) 13 grams**
- **✓ Sports drinks such as Gatorade or Powerade (8-ounces) 14 grams**
- **✓ Gelatin (Jell-O), sweetened (1/2 cup) 15 grams**
- **✓ Orange popsicles or ice pops (read label for portion size) 30 grams**
- **✓ Italian ice, not Sherbert (read label for portion size) 30 grams**
- **✓ Sugar, 1 teaspoon or packet (4 grams)**

Food/Beverage Choices Containing Zero Carbohydrates:

- **✓ Fat-free broth**
 - **✓ Diet clear soda, black coffee or teas**
 - **✓ Flavored or seltzer water**
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Additional Notes:

Scheduler: