SOUTHEASTERN ENDOSCOPY CENTER

DIABETIC INSTRUCTIONS FOR COLON PREP

THESE ARE GENERAL INSTRUCTIONS. PLEASE CONSULT THE HEALTH CARE PROVIDER THAN MANAGES YOUR DIABETES FOR QUESTIONS.

FOR PEOPLE WITH DIABETES, ANY PROCEDURE THAT INSTRUCTS YOU TO SKIP MEAL(S) OR SPECIFIES A CHANGE IN YOUR DIET WILL REQUIRE SPECIAL PLANNING FOR MANAGING YOUR BLOOD SUGAR.

SCHEDULING THE PROCEDURE

- SCHEDULE YOUR PROCEDURE FOR EARLY IN THE DAY SO THAT YOU CAN GET BACK TO EATING AND TAKING YOUR MEDICATIONS SOONER.

INSULIN AND ORAL DIABETIC MEDICATION

- **STOP TAKING** THE FOLLOWING MEDICATIONS ONE WEEK (7 DAYS) PRIOR TO YOUR PROCEDURE DATE:
  - **GLP-1 AGONISTS:** OZEMPIC, RYBELSUS, WEGOVY, MOUNJARO, ADLYXIN, VICTOZA, BYDUREON, BYETTA, OR TRULICITY
- REGULARLY MONITOR YOUR BLOOD GLUCOSE AND ADJUST YOUR MEDICATIONS ACCORDING TO YOUR BLOOD SUGAR LEVELS.
- WE RECOMMEND TAKING ONLY HALF (1/2) OF YOUR USUAL INSULIN DOSE ON THE DAY BEFORE YOUR PROCEDURE
- ORAL MEDICATIONS **CAN** BE TAKEN THE DAY BEFORE YOUR PROCEDURE
- YOU SHOULD **NOT** TAKE ANY DIABETIC MEDICATIONS ON THE DAY OF THE PROCEDURE.
- RESTART YOUR REGULAR HOME MEDICATION SCHEDULE AFTER YOU HAVE LEFT THE FACILITY AND YOU ARE EATING A REGULAR DIET.
- **DO NOT** TAKE EXTRA DOSES OF MEDICINES TO MAKE UP FOR MISSED DOSES.

TESTING YOUR BLOOD SUGAR

- PLAN TO TEST YOUR BLOOD SUGAR REGULARLY ON YOUR PREP DAY (DAY BEFORE THE PROCEDURE). AT A MINIMUM, YOU SHOULD TEST BEFORE MEALS AND AT BEDTIME.
- TEST YOUR BLOOD SUGAR IMMEDIATELY IF YOU EXPERIENCE ANY SYMPTOMS OF LOW OR HIGH BLOOD SUGAR. IF YOU ARE UNAWARE OF WHAT THOSE SYMPTOMS ARE FOR YOU, PLAN TO TEST EVERY 2-3 HOURS.
- AFTER THE PROCEDURE, IT MAY TAKE UP TO 72 HOURS FOR YOUR BLOOD SUGAR LEVELS TO RETURN TO NORMAL.

TREATING A LOW BLOOD SUGAR

- THE TARGET RANGE FOR YOUR BLOOD SUGAR IS BETWEEN 100 AND 200 MG/DL DURING THE PREP (DAY BEFORE THE PROCEDURE) AND THE DAY OF PROCEDURE.
- IF YOU HAVE A LOW BLOOD SUGAR READING ON THE PREP DAY OR DAY OF YOUR PROCEDURE, YOU MUST TREAT IT WITH ONE OF THE FOLLOWING METHODS:
  - FOUR(4) TO FIVE(5) GLUCOSE TABLETS. (NO RED OR PURPLE)
  - 1/2 CUP WHITE GRAPE JUICE
  - 1/2 CUP APPLE JUICE
- TEST YOUR BLOOD SUGAR MORE OFTEN IF YOU HAVE TO TREAT A LOW BLOOD SUGAR.
- IF YOUR BLOOD SUGAR STAYS LOW AFTER TREATING IT, CONTACT YOUR PCP OR ENDOCRINOLOGIST FOR FURTHER INSTRUCTIONS.

PREPARATION DAY NUTRITION

- YOU WILL FOLLOW A CLEAR LIQUID DIET WITH **NO RED OR PURPLE** FLUIDS.
- DURING THE COLON PREP, PLAN TO DRINK BOTH SUGAR-FREE AND SUGARY DRINKS.
- REPLACE YOUR USUAL MEALS WITH 45-60 GRAMS (1.5-2 CUPS) OF LIQUID CARBOHYDRATES. *LIQUID CARBOHYDRATES ARE ABSORBED MORE RAPIDLY IN THE STOMACH AND CAN DECREASE THE CHANCE OF LOW BLOOD SUGAR.*
- SEE REVERSE SIDE FOR EXAMPLES OF SUGAR-FREE AND SUGARY CLEAR LIQUIDS, AS WELL AS A SAMPLE MENU.

NOTICE

- **THESE INSTRUCTIONS ARE ONLY SPECIFIC TO HELPING WITH THE MANAGEMENT OF YOUR BLOOD SUGAR DURING YOUR COLONOSCOPY PREPARATION:** PLEASE REFER TO YOUR COLONOSCOPY PREP INSTRUCTIONS FOR INFORMATION SPECIFIC TO THE PREP SUPPLIES AND INSTRUCTIONS TO CLEANING OUT YOUR COLON.

SEE FLIPSIDE OF THIS DOCUMENT FOR ADDITIONAL, IMPORTANT INFORMATION

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CLEAR LIQUID DIET FOR DIABETIC PATIENTS

SUGARY CLEAR LIQUIDS/ LIQUID CARBOHYDRATES	SUGAR-FREE CLEAR LIQUIDS

• **APPLE OR WHITE GRAPE JUICE:**
  ◦ 1/2 CUP = 15 GRAMS
• **JELLO (NO RED OR PURPLE):**
  ◦ 1/2 CUP = 20 GRAMS
• **POPSICLE (NO RED OR PURPLE):**
  ◦ 1/2 CUP = 15 GRAMS
• **CLEAR REGULAR SODA:**
  ◦ 1/2 CUP = 15 GRAMS
• **GATORADE (NO RED OR PURPLE):**
  ◦ 1 CUP = 15 GRAMS
• **KOOL AID (NO RED OR PURPLE):**
  ◦ 1/2 CUP = 10 GRAMS
• **CLEAR BOOST:**
  ◦ 1/2 CUP = 18 GRAMS
• **CLEAR ENSURE:**
  ◦ 1/2 CUP = 16 GRAMS
	• **FAT-FREE BROTH, BOUILLON, OR CONSOMMÉ**
	• **SUGAR-FREE JELLO (NO RED OR PURPLE)**
	• **SUGAR-FREE POPSICLE (NO RED OR PURPLE)**
	• **DIET OR 'ZERO' CLEAR SODA**
	• **GATORADE ZERO (NO RED OR PURPLE)**
	• **UNSWEETENED BLACK COFFEE (NO CREAMER OR CREAMER TYPE PRODUCTS)**
	• **UNSWEETENED OR DIET TEA**
	• **UNSWEETENED OR DIET CLEAR JUICE (NO RED OR PURPLE)**
	• **UNSWEETENED SELTZER WATER**
	• **WATER**

SAMPLE MENU FOR DIABETIC CLEAR LIQUID DIET

- **BREAKFAST**
  - APPLE OR WHITE GRAPE JUICE (1 CUP)
  - REGULAR JELLO (1 CUP)
  - UNSWEETENED BLACK COFFEE
- **LUNCH**
  - FAT-FREE BROTH (3/4 CUP)
  - ITALIAN ICE (1/2 CUP)
  - REGULAR JELLO (1/2 CUP)
  - UNSWEETENED TEA WITH LEMON
- **DINNER**
  - FAT-FREE BROTH (3/4 CUP)
  - APPLE OR WHITE GRAPE JUICE (1 CUP)
  - REGULAR JELLO (1/2 CUP)
  - UNSWEETENED TEA WITH LEMON