

Diabetic Prep instructions

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.

- **If you have an insulin pump please contact your endocrinologist for instructions for the day of your prep!**
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of **low blood sugar** (hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness) or **very high blood sugar** (dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite).
- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Please call **your doctor's office** for any prep related questions.

Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks.

Food items <i>with</i> carbohydrates	Grams of carbohydrates
Apple juice (4 oz)	15
White grape juice (4 oz)	20
Sports drinks (8 oz)	14
Jello, regular/sweetened (1/2 cup)	15
Popsicles	15
Italian ice-not sherbet	30
Sugar (1 tsp or packet)	4

Food items *without* carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee – no cream or sugar
- Tea, unsweetened or diet
- Seltzer, flavored water

Prep Day -the day before your procedure (you will be on a clear liquid diet)

If you take:	Morning	Lunch/Dinner Bedtime
Jardiance, Invokana, Farxiga, Xigduo, Januvia	Do not take	Do not take
Oral medications (pills) other than above or Byetta	Take your usual dose	Do not take
Humalog, Novolog, Apidra or Regular Insulin (short acting)	Take 1/2 the usual dose	Do not take
75/25 or 70/30 Insulin	Take 1/2 the usual dose	Do not take
Tresiba, Trulicity, Ozempic or Toujeo	Do not take	Do not take
Lantus, Levemir or NPH insulin (long acting)	Take your usual dose	Do not take

Day of Procedure

If you take:	Morning	Lunch/Dinner Bedtime
Jardiance, Invokana, Farxiga, Xigduo, Januvia	Do not take	Resume usual dose after procedure and eating normally
Oral medications (pills) other than above or Byetta	Do not take	Resume usual dose after procedure and eating normally
Humalog, Novolog, Apidra or Regular Insulin (short acting)	Do not take	Resume usual dose after procedure and eating normally
75/25 or 70/30 Insulin	Do not take	Resume usual dose after procedure and eating normally
Tresiba, Trulicity, Ozempic or Toujeo	Do not take	Resume usual dose after procedure and eating normally
Lantus, Levemir or NPH insulin (long acting)	Do not take	Resume usual dose after procedure and eating normally