



General Information for Your Procedure

INSTRUCTIONS FOR DIABETICS DIET AND MEDICATION ADJUSTMENTS

Diet:

1. Follow clear liquid instructions as written. It is important that you consume nourishment, so do not drink only water and sugar free liquids. You can use broth, bullion, Gatorade, or any of the electrolyte drinks, and clear juices. You can replace Ensure and Boost with Glucerna at mealtime (up to 3 cans a day).

Medications:

2. If you take **ORAL** medication, continue normally until the evening before your procedure. Omit your evening dose of diabetes medication. In the morning, do not take your diabetes medication until after your procedure when you are preparing to eat. At that time resume normal dosing.
3. If you use **INJECTIBLE** medication, continue normally until the evening before your procedure. At that time, reduce your dose by ½. Do not take any diabetes medication on the morning of your exam until after the procedure when you are preparing to eat. At that time resume your normal dosing.

Monitoring:

4. Check your glucose levels with your glucometer, particularly at bedtime the night before your exam, and in the morning before your procedure. Patients are more likely to have a low glucose level rather than a high level due to the diet change. If your blood sugar level is low (for you), drink a small apple juice or one of the electrolyte drinks such as Gatorade, Pedia-Lyte, or Powerade.

Please feel free to contact the physician who prescribes your diabetic medications for more specific instructions. Should their instructions differ from above please contact our office so we can document any modifications.