



Diabetic Education and Medication Information Sheet

Having these procedures will cause you to miss at least one meal, this requires extra attention and special planning for you to be able to manage your blood sugar.

You will need to check your blood sugar more often. Please check more frequently and at bedtime the first prep day.

Please check your blood sugar if you experience any symptoms of low or very high blood sugar:

Dizziness, confusion, difficulty concentrating
Blurred vision

Increased thirst, hunger
Headache

Please refer to the CLEAR LIQUID DIET PATIENT INSTRUCTION sheet. It is important that you still manage carbohydrates/sugar during your preparation:

- Try to get 45 grams of carbohydrates in your liquids at mealtimes. Aim for 15-30 grams of carbs during snack times while on liquids.

Medication Instruction During Prep:

Please utilize the table below for instruction. Contact us if your medication is not listed.

Medication	Day Before Procedure (1st Prep Day)			Day of Procedure
	Morning	Lunch/Dinner	Bedtime	
Actos (pioglitazone) Byetta (exenatide) Glucophage (metformin) Januvia (sitagliptin) Janumet	Take usual dose	Take usual dose	—	Take your usual dose
Amaryl (glimepiride) Glucotrol (glipizide) Glucotrol XL Invokana (canaglifozin) Jardiance (empaglifozin) Victoza (liraglutide)	Do not take	Do not take	Do not take	Do not take
Lantus or Levemir	Take usual dose	—	Take usual dose	Take 1/2 usual dose
Humalog, Novalog, Regular Insulin or NPH <i>*If you are on a sliding scale you may continue</i>	Take 1/2 usual dose	Take 1/2 usual dose	—	Do not take
Non-insulin Injectables: Bydureon, Trulicity	Take only if your regular weekly dose occurs during this time			Do not take
Insulin Pump	Contact your endocrinologist to discuss management of your pump during prep and procedure			Contact Endocrinologist



Clear Liquid Diet: Patient Instruction

You will be following a clear liquid diet for the day of AND the day prior to your procedure for your colonoscopy.

This is very important to ensure you achieve adequate preparation for your procedure, allowing us to clearly view your intestinal tract.

Clear liquids are those which you can see through. They do not have any solids or pulps, and do not include dairy. Black coffee and tea are acceptable.

Look for CLEAR, GREEN, YELLOW flavors/colors. You need to AVOID RED, PURPLE, ORANGE.

Important Information When Following a Clear Liquid Diet:

- Stay hydrated! A bowel prep is dehydrating - you need to drink lots of fluids during preparation.
- No alcohol
- You will need calories, sugar, and electrolytes as you are not eating - even if you are diabetic. Please have some options that are not sugar free. ****See diabetic handout as needed***

Clear Liquid Examples:

Clear vegetable, chicken, beef broth/bouillon	Clear sports drinks – Gatorade, Propel, Powerade, Pedialyte, etc.	Coffee / Tea – no dairy
Jell-O, Gummy bears	Clear juices – Apple or white grape, Coconut water – no pulp	Popsicles / Italian Ice (NO sherbet)

Reminder: You must stop all fluids 3 hours prior to your appointment time.