

Diabetic Information Sheet for Gastroenterology Procedures

If you have diabetes, any procedure that causes you to miss a meal or change your usual meal plan requires special planning to safely manage blood glucose level

- Check your blood glucose level before all meals and at bedtime on the procedure preparation day and on the day of your procedure
- Check your blood glucose at any time you experience any symptoms of **low blood sugar**: hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness or
- Check your blood glucose at any time you experience any symptoms of **very high blood sugar**: dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite
- Schedule the procedure appointment early in the day so that you can eat after it and take your medication as close to the usual times as possible
- Call: **701-857-7400** for any prep related questions
- The day before the procedure you will be on a **Clear Liquid Diet**
- The Clear Liquids should not contain **red** or **purple** dyes

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

Food Items without Carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer, Flavored water

Food Items with Carbohydrates

- Apple Juice (4 oz) -- 15 grams carbohydrate
- White Grape Juice (4 oz) -- 20 grams carbohydrate
- Sports Drinks (8 oz) -- 14 grams carbohydrate
- Jello Regular, Sweetened -- 15 grams carbohydrate
- Popsicles (refer to product label -- 15 grams carbohydrate
- Italian Ice not Sherbet (refer to product label) -- 30 grams carbohydrate
- Sugar (1 teaspoon or packet) -- 4 grams carbohydrate