

Diabetic Medication and Diet Instructions

The following information is both diet and medication recommendations for our diabetic patients undergoing endoscopic procedures. These are general guidelines. Please contact your healthcare provider who manages your diabetes for questions. You can reach your physician's office at: 505-999-1600.

For people with diabetes, any procedure that causes you to miss a meal or change our usual meal plan will require special planning to safely manage your blood sugar levels.

- Try to schedule the appointment for early in the day.
- 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 glucose or very high blood glucose.

DIET: Clear liquid food choices for the day before your colonoscopy:

Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid anything that is colored RED, ORANGE, or PURPLE. Look for CLEAR, YELLOW, or GREEN flavors (examples: lemon, lime, apple, white grape, peach, banana).

Food item	Gram of Carbohydrate:
1. Clear apple juice (not cider) (4 ounces)	15
2. White grape juice (4 ounces)	20
3. Jello (GELATIN), REGULAR SWEETENED (1/2 CUP)	17
4. Popsicles or ice pops (read label)	16
5. Italian ICE (1/2 CUP)	16
6. Sugar (for coffee or tea) (1 teaspoon or packet)	4
7. Fat-free broth, bouillon, or consommé (Chicken, Beef, Vegetable)	0
8. Coffee	0
9. Tea, UNSWEETENED OR DIET	0
10. Seltzer	0
11. Flavored WATER	0

Sample Menu

Avoid foods that are colored red, orange or purple.

Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup) Regular sweetened Jello (1/2 cup) Tea with lemon	Broth Italian ice (1 cup) Tea with lemon Regular sweetened Jell-O (1/2 cup)	Broth Apple or white grape juice (1 cup) Tea with lemon Regular sweetened Jell-O (1/2 cup)

Medications:

DAY PRIOR TO PROCEDURE (Preparation Day)

Follow the clear liquid described above and adjust your medication as follows:

If you take:	Breakfast	Lunch/Dinner	Bedtime
Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga	Take your usual dose	Take your usual dose	
Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride).	Do not take	Do not take	Do not take
Lantus Levemir	Take your usual dose		Take your usual dose
Humalog, Novolog, Regular Insulin or NPH Insulin If you use insulin sliding scale, then you may continue using it.	Take ½ the Usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio	Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio	
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30	Take ½ the usual dose at breakfast	Take ½ the usual dose at dinner	

DAY OF PROCEDURE

Do not make up or “double up” on any missed medication after the procedure

If you take:	Breakfast	Lunch/Dinner	Bedtime
Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga	DO NOT TAKE	Resume your usual dose if eating	
Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride).	DO NOT TAKE	Resume your usual dose if eating	
Lantus Levemir	Take ½ the usual dose		Resume your usual dose
Humalog, Novolog, Regular Insulin or NPH Insulin If you use insulin sliding scale, then you may continue using it.	DO NOT TAKE	Resume you usual dose if eating	
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30	DO NOT TAKE	Resume your usual dose if eating	