



Westover Hills Gastroenterology, P.A.
Mosaab A. Hasan, M.D.

Diabetic Patient Guidelines

Types of Liquids **Do not drink any of these products with red, orange or purple dye.	Amounts
Regular gelatin, prepared according to the package directions	1/2 cup = 60 calories 2 cups = 240 calories
Clear juice such as apple juice, white grape juice	1/2 cup = 60 calories 1 quart = 480 calories
Packaged soft drinks such as Kool-Aid	1 cup = 60 calories 1 quart = 240 calories
Regular soda (not diet)	1/2 cup = 60 calories 1 liter = 480 calories 2 liters = 960 calories

Instructions for Diabetic Patients

Try to stay within your recommended calories by calculating how much juice, soft drinks, gelatin, etc, that you will need and set these drinks aside in your refrigerator for the day.

- For example, if you are supposed to have 1800 Kcal, you can use 2 quarts (8 cups) of juice, 1 quart (4 cups) of soda.
- For 2000 Kcal, you could use 3 quarts of juice and 2 quarts of Kool-Aid.

Testing: Sip these liquids frequently throughout the day; test your blood sugar every 3-4 hours. If your glucose is less than 120 mg, take your juice more frequently.

Insulin: Take your usual amount of longer acting insulin, such as NPH, Lente or UltraLente as directed. Do not take short acting or regular insulin during the time you are doing the prep.

Diabetes Pills: If you are following the recommended number of calories, take your diabetes pills as prescribed.

Do not take any insulin or diabetes pills on the morning of the examination. Test your blood sugar and inform the nurse if it is less than 120 mg or greater than 240 mg.

Bring your blood glucose testing equipment, your diabetes medications, and a sack lunch with you. As soon as the exam is completed, test your blood sugar, take your medications as directed and eat your food. Resume your normal routine of glucose testing, diet, exercise and medications.