

Managing Your Diet and Insulin for a Test or Procedure

If you will be having a test (i.e. Scope) or procedure you may be asked to follow a CLEAR FLUID DIET before the procedure. These instructions can help with blood sugar control.



If you have been told to follow a clear fluid diet before a test or procedure...

DO NOT DRINK OR EAT ANYTHING RED OR PURPLE

- Test your blood sugars every 2- 4 hours, including during the night.
- **Drink as much sugar-free fluid (no carbohydrate) as possible throughout the day,** such as water, Crystal Lite®, clear diet drinks or clear diet pop.
- Follow this suggested Clear Fluid meal plan on the day before the procedure:

Breakfast (45 grams of carbohydrate) 1 cup apple or white grape or white cranberry juice ¾ cup regular Jell-O® sugar-free fluid as desired
Snack (15 - 30 grams of carbohydrate) ¾ cup clear regular pop and/or ½ cup apple or white grape or white cranberry juice
Lunch (45 grams of carbohydrate) ½ popsicle (1 stick) ¾ cup regular Jell-O® ¾ cup apple or white grape or white cranberry juice sugar-free fluid as desired
Snack (15 - 30grams of carbohydrate) ¾ cup clear regular pop and/or ½ cup apple or white grape or white cranberry juice
Supper (45 grams of carbohydrate) Same as lunch
Snack (15 - 30 grams of carbohydrate) ¾ cup clear regular pop and/or ½ cup apple or white grape or white cranberry juice

Examples of clear fluids with about 15 grams of carbohydrate:

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- ½ cup apple juice or white grape juice or white cranberry juice
- ¾ cup clear regular pop
- ¾ cup Gatorade® or Powerade®
- ¾ cup regular Jell-O®
- ½ popsicle (10 grams)

Examples of Sugar Free Fluids (no carbohydrates):

- Water
- Crystal Lite®
- Chicken, beef or vegetable broth
- Clear diet drinks or clear diet pop
- Clear tea or black coffee (no cream or sugar)

If you have a low blood sugar, treat with ½ can of clear regular pop or juice, even if you have been told not to have food or fluids

If you take insulin by injection:

Longer acting insulin (Lantus, Levemir, or NPH):

- You may need to reduce your usual dose(s) by ¼ to ½ in the 24 hours before the test/procedure

Rapid or short acting meal insulin (Humalog, NovoRapid, Apidra, Humulin R or Novolin R):

- Do not take your first dose of meal insulin on the day of the test/procedure
- Test your blood sugar regularly and correct high blood sugar readings cautiously
- Restart your meal insulin when you eat your first meal after the test/procedure

Mixed insulin (NovoMix 30, Humalog Mix 25, Humalog Mix 50, or Novolin 30/70):

- You may need to reduce your supper dose by ¼ to ½ the night before the test/procedure
- Do not take your insulin on the morning of the test/procedure
- Restart your usual insulin schedule after the test/procedure

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If you are on an Insulin Pump:

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- You may stop food and fluids, but do **NOT** stop your insulin before your test/procedure
- You may reduce your basal insulin by up to 20% if needed
- Test your blood sugar regularly and correct high blood sugar readings cautiously
- Treat lows with clear fluids i.e. $\frac{3}{4}$ cup clear regular pop or juice
- Consider the placement of your infusion site. Be sure your infusion site will not be in the way of your test/procedure (i.e. for abdominal surgery)
- Take an extra infusion site with you

Please follow the instructions given by the doctor or test department for your other medications

Notes:

(over...)

Name _____

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Name of Test/Procedure _____

Date of Test/Procedure _____

Meal Plan:

___ Follow Clear Fluid Diet

___ No changes needed in meal plan

Insulin Plan:

Date	Time	Insulin

Who to call if you have questions _____