

CLEAR LIQUID DIET

(Do not eat or drink anything red, orange or purple or drink any alcohol)

Broth	Crystal Light ®
Italian Ice (with no fruit pieces)	Hard Candy
Popsicles ®	Fruit Juice <i>without Pulp</i>
Jell-O ®	White Grape Juice
Water	Gatorade ® / Sport Drinks
Black Tea/Coffee (No milk or cream)	Apple Juice
Soda	

Reminder: It is very important that you remain hydrated for a number of days before and after your procedure.

NOTE: Gatorade® or sports drinks result in better hydration than water alone.

Additional Instructions for Patients with Diabetes

1. All efforts will be made to schedule your case in the early morning. If not, consult your physician for specific instructions.
2. The clear liquid diet contains foods with sugar. It is OK to drink these liquids!
3. Continue your blood sugar testing before your procedure; perform a test at home before leaving for your procedure and report the result to the nurse upon your arrival at the hospital.
4. If you are taking tablets that contain Metformin (Glucophage, Avandamet, Metaglip, Glucovance or generic forms of Metformin), discontinue the day before your procedure and resume the day after your procedure.
5. Other tablets for diabetes (including Glyburide, Glipizide, Actos, Avandia, Prandin, Starlix, Glyset, Precose) may be taken on the day and night before your procedure, but not on the morning of your procedure. Resume the tablets when you return home.
6. If you are taking long acting insulin (Lantus), do not stop it. If your long acting insulin is NPH, Lente or Ultralente, take your normal dose the evening before, but only 2/3 your usual dose on the morning of the procedure.
7. If you are taking a rapid acting Insulin (Regular, Humalog, or Novolog) do not take any on the morning of your procedure, unless your blood sugar is above 200 mg/dL in which case you should take ½ your usual dose.
8. If your blood sugar is high before, during or after the procedure, you may receive extra shots of insulin.

If you have any questions, please contact your primary care physician or diabetes physician.