



# Diabetic Instructions

## AT LEAST ONE WEEK BEFORE YOUR PROCEDURE

- If you have been diagnosed with diabetes (Type 1 or Type 2), call your Primary Care Provider or Endocrinologist. They will tell you how to take your medicine before your procedure.
- If your insulin is delivered by an insulin pump, call the provider who manages your pump for instructions.

## DIABETIC DIET DURING COLON PREP

1. Follow the colon prep sheet. If your blood sugar is low or normal; mix your Miralax™ prep with Gatorade™ or clear liquids that contain sugar.
  - If your blood sugar is high; use a sugar-free clear liquid such as Crystal Light™ or tea.
2. While prepping, you should replace missed meals with clear liquids that contain some carbs. (Examples: Popsicle (not red), Jell-O™ with sugar, clear pulp-free fruit juice).
  - Ensure you stay within your recommended carbohydrate allowance.
3. To stay hydrated between meals, drink at least one cup of sugar free clear liquids every hour.

## DIABETIC GENERAL INSTRUCTIONS

1. On the day of your procedure, check your blood sugar every four hours that you are awake. Do it more often if you feel it is low.
2. Treat a low blood sugar according to your doctor's instructions. If less than 70 after two treatments, call your primary care doctor or endocrinologist for further instructions.
3. Please bring your diabetic medications to take after your procedure.