

Insulin: _____ How to Hold: _____

Insulin: _____ How to Hold: _____

Hold oral diabetic medications the morning of the procedure.

Please check blood sugars every 2 hours while on the clear liquid diet.

Sample Clear Liquid Diet for Diabetics

Breakfast 4 oz apple juice

1 c of Jell-O

8 oz of soda

Snack ½ c of Jell-O

Lunch 1 c broth/stock/bouillon

4 oz of pulp free O.J.

½ c of Jell-O

Snack 8 oz of soda

Dinner 1 c of broth/stock/bouillon

4 oz of juice

½ c of Jell-O

Snack ½ c Jell-O