



Mountain West Gastroenterology

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	½ cup = 60 calories 2 cups = 240 calories
Clear juice such as apple juice, white grape juice	½ 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)	½ 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. Make sure to test your sugar right before coming in for your exam and bring the results.

Pills & Insulin: If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, bring your insulin with you. If you take insulin in the morning, take only ½ of your usual dose.

If you still need more specific instructions please call your doctor.