



The clear fluid diet may be required for a short time for a number of reasons such as having surgery or prep for a colonoscopy, vomiting etc. Carbohydrates need to be consumed any time you are using a clear fluid diet, to provide glucose for energy.

**“Clear Fluids” means you can see through them and there are no particles or pulp.**

### How do I Manage My Blood Sugars When I am not Eating Solid Food?

- You still need to take some diabetes medication during this time. Some medications should not be taken when you are sick. Speak to your doctor, nurse practitioner, or pharmacist about the need to change your diabetes pills or insulin doses and what to do with your other medications.
- Drink plenty of sugar free fluids throughout the day to prevent dehydration and relieve your thirst.

Sugar free choices include:

- Water or Soda water
  - Clear tea and coffee (decaffeinated preferred) - without milk or cream
  - Concentrated flavor drops—example: Crystal Light®
  - Sugar free soft drinks or sports drinks
  - Sugar free Jell-O®(gelatin) or popsicles
  - Clear chicken or beef broth.
- Test your blood sugar level **every 2 to 4 hours**, testing more often if your blood sugar is lower than 4 mmol/L. Your blood sugar level helps you decide how much sugar containing fluid you need over the next few hours.

Blood sugar level	Number of choices of sugar containing fluids needed (see list on next page)
<ul style="list-style-type: none"><li>4 to 10 mmol/L</li></ul>	<ul style="list-style-type: none"><li>1 choice each hour until next testing time</li></ul>
<ul style="list-style-type: none"><li>Above 10 mmol/L</li></ul>	<ul style="list-style-type: none"><li>You may not need sugar containing fluids. Drink sugar free choices and check your blood sugar in 1 to 2 hours</li></ul>





<b>Sugar containing fluids</b>	<b>One choice (contains approximately 15 g carbohydrate)</b>
Juice with no pulp (example: apple or white grape juice)	1/2 to 2/3 cup (125 to 150mL)
Regular soft drinks	1/2 cup (125 mL)
Boost Fruit Beverage®	1/2 bottle (119 mL)
Regular popsicle or freezie® (without bits of seeds or fruit)	1 popsicle (60 to 75 mL) or 1 freezie® (80 to 90 mL)
Regular Jell-O®	1/3 cup (75 mL)
Regular sports drinks	1 cup (250 mL)

Note: If preparing for a test (example: colonoscopy), avoid red, green or purple coloured fluids.  
Choose clear pop (example: lemon lime soda, ginger ale) instead of dark pop (example: cola). No alcohol.

**NOTES:** \_\_\_\_\_  
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### Hypoglycemia (Low Blood Sugar)

If blood sugar level is below 4.0 mmol/L or you feel weak, shaky, or dizzy:

- Take 15 g of fast acting carbohydrate right away, such as:
  - ◊ 2/3 cup (150 mL) of no pulp juice (example: apple juice) or
  - ◊ 1 tablespoon (15 mL) of sugar or honey or
  - ◊ 4 to 5 glucose tablets.
- Wait 15 minutes
- Retest blood sugar. If blood sugar is:
  - ◊ still below 4.0 mmol/L - repeat the treatment
  - ◊ above 4.0 mmol/L - drink 1 portion of sugar containing fluids to carry you through until your next testing time.

### Before Going to Bed

Test your blood sugar level at bedtime. If bedtime blood sugar is:

- 4.0 to 7.0 mmol/L → have 2 to 3 portions of sugar containing fluids
- above 7.0 mmol/L → have 1 to 2 portions of sugar containing fluids.

You may wish to set an alarm and check your blood sugar once through the night.

#### Seek medical help if:

- blood sugar levels have been higher than 14 mmol/L for more than 24 hours
- blood sugar levels are not staying above 4 mmol/L
- you have type 1 diabetes and have moderate to large ketones in your urine or blood.

