

COLONOSCOPY

Instructions for patients with diabetes preparing for a colonoscopy

The following are guidelines only – more specific questions can be handled by your health care provider.

When you have diabetes, anything that causes you to change your usual meal routine requires special planning to safely manage blood glucose levels.

INSULIN AND DIABETES PILLS

If you have diabetes, it is important to monitor your blood sugars frequently while doing the bowel preparation.

1. Take only ½ of your usual dose of insulin or pills on the day before your colonoscopy, when you are taking only clear fluids.
2. Do not take any diabetic medications on the morning of the colonoscopy. Except if you only take insulin, take half of the usual dose of long-acting insulin in the morning.
3. Check your blood sugar levels at home before all meals, before bedtime and on the morning of your exam. Check if you have concerns or if you have symptoms of low or very high blood glucose levels.

TIPS FOR THE COLONOSCOPY

1. Ask to schedule the colonoscopy early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
2. CHECK YOUR BLOOD GLUCOSE LEVEL before all meals and at bedtime on the day before and on the day of the colonoscopy.
3. CHECK YOUR BLOOD GLUCOSE LEVEL at any time you have concerns or if you have symptoms of low or very high blood glucose levels.
4. Bring your blood glucose meter, test strips, a low blood glucose treatment and a snack with you on the day of the colonoscopy. Do not have any solid food before the colonoscopy and stop all liquids two hours before the colonoscopy.

For more information on colonoscopy visit: mycolonoscopy.ca.

Harminder Singh and John R. Walker, 2017, on behalf of the Optimizing Colonoscopy Team, University of Manitoba, Canada.
This material is licensed under a Creative Commons Attribution 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).



COLONOSCOPY

Clear Liquid Food Choices:

- Aim for 3 starch choices or 45 grams of carbohydrate at meals and 1-2 starch choices or 15-30 grams of carbohydrate for snacks.
- Avoid foods that are red or have red dyes (cherry, berry, or grape flavors).

Sample of Food Items Without Carbohydrates:

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer
- Flavored water

Sample Menu:

Breakfast (3)	Lunch (3)	Dinner (3)
Apple or white grape juice (1/2 cup)	Consommé (1 cup)	Consommé (1 cup)
Regular sweetened gelatin (1/2 cup)	Regular sweetened gelatin (1/2 cup)	Regular sweetened gelatin (2 cups)
Tea with lemon	Lemon-lime beverage	Diet lemon-lime beverage

For more information on colonoscopy visit: mycolonoscopy.ca.

Harminder Singh and John R. Walker, 2017, on behalf of the Optimizing Colonoscopy Team, University of Manitoba, Canada. This material is licensed under a Creative Commons Attribution 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).

