

INFORMED CHOICES ABOUT

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.

****Note: If you have Type 1 Diabetes, please discuss with your Endocrinologist and do not follow the following instructions.**

When you have diabetes, anything that causes you to change your usual meal routine requires special planning to safely manage blood glucose levels. Therefore, doctors will ask you to change your diet, insulin, and diabetes medication schedule to prevent low or very high blood glucose levels in preparation for the procedure.

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.

BLOOD GLUCOSE MEASUREMENT

1. CHECK YOUR BLOOD GLUCOSE LEVELS before all meals, before bedtime the day before the procedure, on the morning of the procedure, and every 4 hours starting at 7:00 am the day of the procedure.
2. CHECK YOUR BLOOD GLUCOSE LEVEL if you have any concerns or if you have symptoms of low or very high blood glucose levels.
 - If blood glucose level drops below 5 mmol/L, consume high glucose fluids.
 - If blood glucose level rises above 10 mmol/L, consume only glucose-free fluids.
3. It is recommended to continue monitoring blood glucose levels in the few days following the procedure.
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.

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COLONOSCOPY

DIABETES MEDICATIONS

Canagliflozin (Invokana)
Dapagliflozin (Forxiga)
Empagliflozin (Jardiance)

- **Stop taking 3 days before the procedure, regardless of when you started the clear fluid diet.** Resume normal dosage and schedule following the resumption of regular meals.

Semaglutide injection (Ozempic)
Tirzepatide injection (Mounjaro)

- If injection is scheduled **within 2 days of the procedure, the dose should be held until the procedure and resumed the day after the procedure.**

Gliclazide (Diamicon)
Glimepiride (Amaryl)
Glyburide (Diabeta)
Nateglinide (Starlix)
Repaglinide (Gluconorm)

- **Stop taking the full day before the procedure.** Resume taking the normal dosage and schedule when eating regularly.

Dulaglutide (Trulicity)
Exenatide (Byetta or Bydureon)
Liraglutide (Victoza/Saxenda)
Lixisenatide (Adlyxine)
Metformin (Glucophage or Glumetza)
Semaglutide **oral version** (Rybelsus)

- **Stop taking when you start clear fluid diet the day before the procedure.** Resume taking the normal dosage and schedule following the resumption of regular meals.

Alogliptin (Nesina)
Linagliptin (Trajenta)
Saxagliptin (Onglyza)
Sitagliptin (Januvia)

- **Stop taking the morning of the procedure.** Resume taking the normal dosage and schedule following resumption of regular meals.

COLONOSCOPY

INSULIN

NovoMix 30
Humalog Mix 25
Humalog Mix 50
Humulin 30/70
Novolin 30/70

- **Take 50% at breakfast and dinner the day before the procedure if you are drinking glucose-containing fluids.**
- **Do not take if you are drinking glucose-free fluids.**
- Resume insulin injections to normal dosage and schedule following the resumption of regular meals.

Glargine U300 (Toujeo)
Degludec U100 and U200 (Tresiba)

- **Take 50% of the normal dose the day before the procedure.**
- Resume insulin injections to normal dosage and schedule following the resumption of regular meals.

NPH (Novolin ge NPH)
Glargine (Lantus/Basaglar)
Detemir (Levemir)

- **Take 80% of the normal dose the day before the procedure.**
- **To calculate the amount of insulin needed**
 - The day before the procedure required dose =
(usual dose in units) X 0.8 = take _____ units at your usual time
- **Take 50% of the normal dose the morning of the procedure.**
- Resume insulin injections to normal dosage and schedule following the resumption of regular meals.

Aspart (Novorapid/Trurapi)
Faster insulin aspart (Fiasp)
Glulisine (Apidra)
Lispro (Admelog/Humalog)
Regular human insulin
(Humulin R/ Novolin ge Toronto)
Human Biosynthetic insulin
(Entuzity)

- **Take 50% the normal dose when you start clear fluid diet if you are drinking glucose-containing clear fluids.**
- **Do not take if you are drinking glucose-free fluids.**
- Resume insulin injections to normal dosage and schedule following the resumption of regular meals.

Insulin pumps

- **Change to a temporary basal rate of 80% when you start the clear fluid diet.**
- **Hold bolus insulin if not drinking glucose containing fluids.**
- Resume insulin to normal dosage and schedule following the resumption of regular meals.

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CLEAR FLUID DIET

- Many doctors will ask you to follow a clear fluid diet the day before the procedure.
- Choose fluids that are high in glucose to maintain normal glucose levels.
 - Aim for 3 starch choices or 45 grams of glucose at meals.
 - Aim for 1-2 starch choices or 15-30 grams of glucose for snacks.
 - **Sample of Food Items with Glucose**

Food Choice	Portion	Grams of Glucose
Apple/grape juice	½ cup	15 grams
Jello	½ cup	15 grams
Popsicles	½ cup	15 grams
Kool-Aid	½ cup	10 grams
Regular soda	1 can	40 grams
Gatorade®	1 cup	15 grams
Clear Boost®	½ cup	18 grams
Clear Ensure®	½ cup	16 grams

- Avoid foods that are red or have red dyes (cherry, berry, or grape flavors) in the jell-O, popsicles, or juices.
- To prevent dehydration drink at **least 2 liters of glucose-free clear fluids** on your preparation day.
 - **Sample of Food Items without Glucose**
 - Fat free broth (vegetables, beef, chicken)
 - Bouillon, or consommé
 - Sugar-free jello
 - Sugar-free pop
 - Flavoured water
 - Tea or coffee (no milk or cream)
 - Diet clear soda
 - Seltzer

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Sample menu

Breakfast (3)	Lunch (3)	Dinner (3)
Apple/grape juice (½ cup)	Consommé (1 cup)	Consommé (1 cup)
Regular sweetened gelatin (½ cup)	Regular sweetened gelatin (½ cup)	Regular sweetened gelatin (2 cups)
Tea with lemon	Lemon-lime beverage	Diet lemon-lime beverage

