

Diabetes Instructions for Colonoscopy Preparation and Procedure

These are general guidelines. Please call the health care provider who manages your diabetes for questions. For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

Insulin and Diabetes Pills:

It is important to monitor your blood sugar while doing the bowel preparation. **You should take only ½ of your usual dose of insulin the day before your procedure.** For oral diabetic medications, refer to the table below. You should **not** take any diabetic medications on the day of your procedure.

Medications:

Sulfonylurea and metformin oral meds may be taken the day prior but <u>held day of colonoscopy.</u>	SGL 2 inhibitors should be <u>held 3 days prior.</u>
<i>Examples:</i> glipizide (Glucotrol), metformin (Glucophage), glimepiride (Amaryl), sitagliptin (Januvia & Janumet), saxagliptin (Onglyza), linagliptin (Tradjenta), glibenclamide (DiaBeta, Glycron, and Glynase)	<i>Examples:</i> dapagliflozin (Farxiga), empagliflozin (Jardiance), canagliflozin (Invokana), ertugliflozin (Steglatro)

Please use these tips to schedule your examination:

- Schedule the appointment for early in the day so you can eat afterwards and take your medication as close to the usual time as possible.
- Check your blood sugar level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood sugar if at any time you have symptoms of low blood sugar or very high blood sugar and manage appropriately.
- Bring your blood glucose meter, test strips, and a low blood sugar treatment with you on the day of the procedure.

Clear liquid food choices for the day before your colonoscopy. Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks:

- Apple juice (4 ounces) 15 grams of carbohydrates
- White grape juice (4 ounces) 15-20 grams of carbohydrates
- Sports drink such as Gatorade (8 ounces) 14 grams of carbohydrates
- Gelatin (Jell-O), regular sweetened (1/2 cup) 15 grams of carbohydrates
- Orange popsicles or ice pops (read the label) 15 grams of carbohydrates
- Italian ice- not sherbet (read the label) 30 grams of carbohydrates
- Sugar (for coffee or tea) (1 teaspoon or packet) 4 grams of carbohydrates

Food items without carbohydrates:

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

If you have any questions or concerns, please call our office at 704-377-4009.