

**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.

**SCHEDULE THE APPOINTMENT:**

Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.

**INSULIN AND ORAL MEDICATION (PILLS):**

As a diabetic person, it is important to monitor your blood glucose while doing the bowel preparation. Adjust your medications according to your blood sugar levels. We suggest you take only ½ of your usual dose of insulin on the prep day(s). Continue to take your oral diabetic medication on your prep day. You should not take any diabetic medications on the day of your procedure.

**TESTING YOUR BLOOD SUGAR:**

You should check your blood sugar before meals and at bedtime on preparation day, and the morning of your procedure. Test your blood sugar if you have any symptoms that are consistent with high or low blood sugar. If you are unaware of your low sugar symptoms, then test every two to three hours. Blood sugar levels may not return to your 'normal' for up to 72 hours after the procedure.

**IF YOU HAVE A LOW BLOOD SUGAR:**

If you have a low blood sugar reading on preparation day and/or procedure day, you must treat it with one of the following: four or five glucose tablets (non-red or purple in color), ½ cup apple juice, ½ cup **white** grape juice (15 grams of carbohydrate), and test your blood sugar more often than usual during the day while trying to keep blood sugar levels between 100 and 200mg/dl. If low blood sugar persists you should contact your health provider for guidance.

**ON PREPARATION DAY:**

During preparation day (day before the procedure), drink both sugar-free and sugar-containing drinks (see second page for options and menus).

**REPLACE USUAL MEALS:**

Replace your usual meals with 45-60 grams of liquid carbohydrates or 1½ cups to 2 cups. Liquid carbohydrates are absorbed in the stomach more rapidly and can decrease the chance of low blood sugar.

**EXAMPLES OF SUGAR CONTAINING CLEAR LIQUIDS (15 GRAMS OF CARBOHYDRATES) TO BE USED FOR MEALS OR SNACK:**

- Apple or **white** grape juice ½ cup = 15 grams
- Jell-O (non-diet, no red/purple) ½ cup = 20 grams
  - Popsicles ½ cup = 15 grams
- Clear colored regular soda drink ½ cup = 15 grams
- Gatorade (no red/purple) 1 cup = 15 grams
- Kool-Aid (no red/purple) ½ cup = 10 grams
  - Clear Boost ½ cup = 18 grams
  - Clear Ensure ½ cup = 16 grams

**RESTART YOUR HOME MEDICATION:**

Restart your home medication schedule when the procedure is over, and you are eating a regular diet. **Do not** take extra doses of medicines to make up for missed dose amounts.

**CLEAR LIQUID FOOD ITEMS THAT ARE SUGAR FREE:**

- Fat-free broth, bouillon, or consommé.
- Diet clear soda
- Coffee or tea, unsweetened or diet.
- Seltzer and flavored water.
- Resource Breeze- 10-gram protein drink.

**SAMPLE MENU:**

**Breakfast:**

- 1 cup Apple or white grape juice
- 1 cup regular sweetened gelatin
- Tea with lemon

**Lunch:**

- Broth (3/4 cup).
- Italian ice (1/2 cup).
- Regular sweetened gelatin (1/2 cup)
- Tea with lemon.

**Dinner:**

- Broth (3/4 cup).
- Strained fruit juice (1 cup).
- Regular sweetened gelatin (1/2 cup).
- Tea with lemon.