

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. It is important to monitor your blood sugar while doing the bowel preparation.

Day Before Procedure

Oral medication: Take only half your usual dose of oral diabetes medicines in the morning. Do not take any oral diabetes medicines in the evening.

If you are taking exenatide (Byetta, Bydureon), liraglutide (Victoza) or pramlintide (Symlin): Take your usual doses.

Humalog, Novolog, Apidra, Regular, NPH or any of the premixed insulin: If you dose your insulin as units per carbohydrate, take your usual dose. Otherwise, take half your usual dose in the evening.

Lantus, Levemir, or other basal insulin: If you have type 2 diabetes, reduce dose by 20% (divide current dose by 5, subtract this number from your usual dose). If you have type 1 diabetes, take your usual dose.

Insulin pump: Continue basal rate.

Day of Your Procedure

For patients taking oral diabetes medicines and/or exenatide (Byetta), liraglutide (Victoza) or pramlintide (Symlin): Do not take before your procedure. In the evening after your procedure, if you are eating, take normal dose.

For patients taking the following insulin: Humalog, Novolog, Apidra, Regular, NPH or any of the premixed insulins: Check your blood glucose. Do not take morning dose. In the evening after your procedure, if you are eating, take your normal dose of insulin.

Lantus, Levemir, or other basal insulin: If you have type 2 diabetes, reduce dose by 20% (divide current dose by 5, subtract this number from your usual dose). If you have type 1 diabetes, take your usual dose.

Insulin pump: Continue basal rate.



www.mercycare.org/GI | (319) 369-4542
Nurses are available 24 hours a day, seven days a week.



Please use these tips to schedule your examination:

- 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.
- If you check your blood glucose daily, check it more often the day before and the day of your procedure, at least every four to six hours.
- Check your blood glucose if at any time you have symptoms of low or very high blood glucose. If you have low blood glucose during the prep, you may take clear juices, regular soda, glucose tablets or gel.
- Bring your blood glucose meter, test strips, and a low blood glucose 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.
- Avoid foods that are red or have red dyes (cherry, berry, or grape flavors).

Sample of clear liquid choices with grams of carbohydrates:

- Apple juice (4 ounces) 15 grams of carbohydrates
- White grape juice (4 ounces) 20 15 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
- Coffee
- Tea, unsweetened or diet
- Seltzer
- Flavored water

Sample Menu

Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup)	Broth (3/4 cup)	Broth (3/4 cup)
Regular sweetened gelatin (1/2 cup)	Italian ice	Tea with lemon (1 tsp. sugar)
Black coffee	Gatorade (8 oz.)	Apple or white grape juice (1 cup)



www.mercycare.org/GI | (319) 369-4542

Nurses are available 24 hours a day, seven days a week.