



Preparing for a Colonoscopy: Tips for Patients with Diabetes

TO HELP MANAGE YOUR BLOOD GLUCOSE SAFELY DURING YOUR COLONOSCOPY PREP, PLEASE FOLLOW THESE TIPS:

Blood Glucose Monitoring:

- **Check more often**

Day before and day of your procedure:
check every 4 to 6 hours (or more if needed)

- **Always check your blood sugar** if you feel symptoms of:
 - » Low blood sugar (shakiness, sweating, dizziness, confusion)
 - » High blood sugar (increased thirst, frequent urination, fatigue)

If you experience low blood sugar during bowel prep:

- You may treat it with **clear, sugar-containing fluids** such as:
 - » Clear juices (apple juice, white grape juice)
 - » Regular (non-diet) soda
 - » Glucose tablets or gel

Day of Procedure: What to Bring

- Blood glucose meter/
CGM receiver or phone
- Test strips

INSULIN MANAGEMENT:

Day Before Procedure:

Humalog, Novolog, Apidra, Fyasp, Lyumjev, Humulin or Novulin R (Regular):

For Type 1 and Type 2 Diabetes:
Continue your usual mealtime insulin dose as prescribed

Lantus, Levemir, Basaglar, Semglee, Tresiba, Troujeo, Novulin or Humulin N (NPH), or Premixed Insulin (i.e. 70/30, 5050, 72/25)

For Type 1 and Type 2 Diabetes:
Reduce your usual basal insulin dose by 20%.

TO CALCULATE:

- » Divide your current basal insulin dose by 5
- » Subtract this number from your usual dose

For Insulin Pump Users:

- If your insulin pump is set to automatic mode when you start a clear liquid diet:
 - **Medtronic 780G – Start Temporary Target**
 - **Tandem – Start Exercise Mode**
 - **Omnipod – Start Basal Preset at 80% of current basal**
- If your insulin pump is set to manual mode:
 - » Starting at midnight the night before your procedure, reduce your basal rate by 20%

TO CALCULATE:

- » Divide your current basal rate by 5
- » Subtract this number from your usual basal rate

Day of Procedure:

Mealtime Insulin (Humalog, Novolog, Apidra, Regular, NPH, or Premixed Insulins)

✓ Check Your Blood Glucose:

- **If your blood sugar is higher than 200 mg/dL:**
 - » Take half of your usual correction dose of insulin (if you have a correction dose prescribed)
- **If your blood sugar is normal (200 mg/dL or lower) you don't need a correction dose:**
 - » Skip your mealtime insulin for this dose

Lantus, Levemir, or other Basal Insulins:

- **If you take basal insulin in the morning:**
Reduce your usual morning dose by 20%

TO CALCULATE:

- » Divide your current morning dose by 5
- » Subtract that number from your usual dose

For Insulin Pump Users:

- If your insulin pump is set to automatic mode:
 - » Continue using your temporary target (Medtronic), temporary basal (Omnipod), or exercise mode (Tandem) until you can eat. You then may resume usual automatic mode.
- If your insulin pump is set to manual mode:
 - » Continue using the basal rate that was reduced by 20% (as per your previous instructions) until you can eat. Then may resume usual basal rate dose.

CLEAR LIQUID DIET

FOR PATIENTS WITH DIABETES

Examples of clear liquids with carbohydrates to maintain blood sugar:	
LIQUID	CARBS
Apple juice (4 oz)	13-15g
White grape juice (4 oz) & Grains	15-20g
Gatorade (8 oz)	14-16g
Jell-O, regular sweetened (½ cup)	15-19g
Popsicle	15-19g
Italian ice (check label)	30g
Sugar (1 tsp/packet)	4g

✓ CARB GOALS:	✗ AVOID THIS LIQUID
Meals: Aim for around 45g/meal Snacks: 15g snack if needed	Avoid liquids with red, blue, or purple dye

CLEAR LIQUIDS WITHOUT CARBOHYDRATES:
Fat-free broth, consommé
Clear diet soda
Unsweetened or diet tea
Seltzer
Sugar-free flavored water



SAMPLE MENU: DAY BEFORE PROCEDURE		
Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup)	Broth (¾ cup)	Broth (¾ cup)
Regular sweetened gelatin (1 cup)	Italian ice	Tea with lemon (1 tsp. Sugar)
Unsweetened or diet tea	Gatorade (8 ounces)	Apple or white grape juice (1 cup)

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 preparing for your colonoscopy.