



INSTRUCTION FOR PATIENTS WITH DIABETES PREPARATION FOR A COLONOSCOPY

The following are guidelines only – more specific questions can be handled by your health care provider

When you have diabetes, anything that causes you to change your usual meal routine requires special planning to safely manage blood glucose levels.

INSULIN AND DIABETES PILLS

If you have diabetes, it is important to monitor your blood sugars frequently while doing the bowel preparation.

- 1.) **Take only ½ of your usual dose** of insulin or pills on your prep day
- 2.) **Do not** take any diabetic medications on the day of the procedure
- 3.) **Check your blood sugar levels** at home before all meals, before bedtime and on the morning of your exam. Check frequently

TIPS FOR THE PROCEDURE

- 1.) Ask to schedule the procedure early in the day so that you can eat afterwards and take your medication as close to the usual time as possible
- 2.) **CHECK YOUR BLOOD GLUCOSE LEVEL** before all meals and at bedtime on the preparation day and on the day of the procedure
- 3.) **CHECK YOUR BLOOD GLUCOSE LEVEL** at any time you have concerns or if you have symptoms of low or very high blood glucose levels.

Clear Liquid Food Choices for the Day Before Your Colonoscopy:

- Aim for 3 starch choices or 45 grams of carbohydrate at meals and 1-2 starch choices or 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 Approximately 1 Starch Choice or 15 grams of Carbohydrates:

- Apple juice (4 ounces)
- White grape juice (4 ounces)
- Sports drink such as Gatorade (8 ounces / 250 ml)
- Gelatin (Jell-O), regular sweetened (1/2 cup / 125 ml)
- Regular lemon-lime soft drinks (Sprite or 7-Up)
- Sugar (for coffee or tea) (1 teaspoon or packet)

Food Items Without Carbohydrates:

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

Sample Menu

Breakfast (3)	Lunch (3)	Dinner (4)
Apple or white grape juice (1/2 cup)	Consommé (1 cup)	Consommé (1 cup)
Regular sweetened gelatin (1/2 cup)	Regular sweetened gelatin (1/2 cup)	Regular sweetened gelatin (2 cups)
Tea with lemon	Lemon-lime beverage	Diet lemon-lime beverage