

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:

If you are a diabetic, 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 should take only ½ of your usual dose of insulin on the prep day. Continue to take your diabetic pills on your prep day. You should not take any diabetic medications on the day of your procedure.

TEST BLOOD SUGAR:

Before meals and at bedtime on preparation day, and the morning of your exam. Test your blood sugar if you are feeling that you might be too high or too low. If you are unaware of your low sugar feelings, test every two to three hours. Blood sugar may not return to your usual numbers for up to 72 hours after the procedure.

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.

IF YOU HAVE A LOW BLOOD SUGAR:

If you have a low blood sugar on preparation 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, **OR** 1 cup real soda (15 grams of carbohydrate) and test your blood sugar more times than usual during the day while trying to keep blood sugar numbers between 100 and 200mg/dl. If low blood sugar persists, contact your health provider for guidance.

DURING PREPARATION DAY:

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

ON TEST DAY:

On test day you may have carbohydrate containing clear liquids (see page 2) until 3 hours before your scheduled arrival time. If you have a low sugar during nothing by mouth time, use glucose tablets or call our office to come in early.

REPLACE USUAL MEALS:

Replace usual meals with 45-60 grams of liquid carbohydrate or 1 ½ cups to 2 cups. Liquid carbohydrate is absorbed in the stomach more rapidly and could increase the chance of low blood sugar.

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 dose of medicines to make up for missed dose amounts.

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

- Apple or white grape juice ½ cup = 15 grams
- Jello (non-diet) ½ cup = 20 grams
- Popsicles ½ cup = 15 grams
- Regular soda ½ cup = 15 grams
- Gatorade 1 cup = 15 grams
- Kool-aid ½ cup = 10 grams
- Clear Boost ½ cup = 18 grams
- Clear Ensure ½ cup = 16 grams

On the test day (until 3 hours before arrival time), mix clear liquids with an equal amount of water. Then, do not eat or drink anything until after the procedure.

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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.
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SAMPLE MENU:

Breakfast:

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

Lunch:

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

Dinner:

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