



## **Colonoscopies and Diabetic Patients**

For patients with diabetes a colonoscopy can be challenging, especially if you are taking medications to regulate your blood sugar. Below are some tips to help you have a safe preparation and a successful colonoscopy.

### **Oral Diabetic Medication Instructions for Colonoscopy:**

On the day before your colonoscopy take  $\frac{1}{2}$  of your regular morning dose of diabetic medication. DO NOT take any in the afternoon or evening before or on the day of the procedure until you return home and start eating again.

### **Insulin Instructions for Colonoscopy:**

Since you will be on a clear liquid diet for the entire day before your procedure and without food the morning of your procedure, please check your blood sugar often and use insulin only as needed. If you have questions about how to adjust your insulin while prepping, please call the physician who prescribes it to discuss.

**Check your blood sugar levels frequently.** Check your blood sugar levels at least every 4-6 hours.

**Clear liquid choices for the day before your colonoscopy along with the grams of carbohydrates contained in each item:**

Apple juice 4 ounces 15g carbs

White grape juice 4 ounces 20g carbs

Sports drink (ie Gatorade) 8 ounces 14g carbs

Jell-O regular/sweetened  $\frac{1}{2}$  cup 15g carbs

Fat-free broth, bouillon or consommé 0g carbs

Diet soda 0g carbs

Tea, unsweetened or diet 0g carbs