

Remember:

1. Check your blood sugars at least every four hours the day before and the day of your colonoscopy.
2. Substitute solids with clear fluids, aiming for 15 grams of sugar or carbohydrates every hour (see examples below).
3. Treat any blood sugar reading below 4mmol/L. See examples below of options to treat a low blood sugar reading (choose one).
4. If you are fasting prior to your colonoscopy (usually 2 hours prior to the procedure) and experience a low blood sugar event, please treat with 15 grams of glucose tablets instead of fluids.

Examples of clear fluids containing 15g of sugar (carbohydrates)

- Black tea or coffee with 1 tbsp sugar or honey
- 1/2 cup regular Jell-O (not red or purple color)
- Popsicle (not red or purple color)
- 2/3 cup fruit juice (no pulp)
- 2/3 cup regular pop
- 1 cup sports drinks (eg. Gatorade, not including G2 or Gatorade Zero)

Do you have more questions?

Contact your doctor - OR - Talk to your diabetes educator if you are uncertain of your diabetes management plan or if you are on an insulin pump or have a complex diabetes regimen.

Provincial Diabetes Program contact numbers:

Charlottetown	(902)368-4959 or (902)569-7562
Summerside	(902)432-2600
O'Leary/Alberton	(902)859-3929
Montague/Souris	(902) 838-0787

Preparing for Your Colonoscopy: Adjusting your Diabetes Medication



Important points to remember:

- Since you have diabetes, you should be booked into an early morning appointment for your colonoscopy. Please contact your doctor or nurse practitioner's office if you have not.
- Due to the risk of low blood sugars, **DO NOT drive** to the hospital prior to the colonoscopy and **DO NOT drive** home.
- It is important to test your blood sugars with your meter more frequently (i.e. every 4 hours) the day before and the day of your colonoscopy to check for low blood sugars.
- Please note, when you are on a clear liquid diet for your colonoscopy the fluids must be **SUGAR** (i.e. carbohydrate) containing liquid, not "diet" or sugar-free liquid.
- Substitute solid food with carbohydrate containing clear fluids, aiming for 15 grams carbohydrate every 1 to 2 hours. See last page for more information.
- Bring your diabetes pills /insulin and glucose meter with you to the hospital.
- These are just general recommendations. Please follow specific instructions provided by your doctor.
- If you are on an insulin pump please call your diabetes educator well in advance of your planned scope to discuss how to adjust your pump settings.

If you are taking ORAL Diabetes Medications:

The day before the colonoscopy while on a clear liquid diet

Breakfast: Take usual diabetes tablets. However if you are taking one of the medications listed below, consider holding this medication to reduce the risk of low blood sugars and/or dehydration.

Jardiance	Gliclazide	Amaryl
Forxiga	Diamicron MR	Gluconorm
Invokana	Glyburide	Metformin
Glumetza	Janumet	Synjardy
Any combination diabetes medication containing metformin		

Lunch: **DO NOT** take usual diabetes tablets.

Supper: **DO NOT** take usual diabetes tablets.

The day of the colonoscopy procedure:

Clear fluids only up to 2 hours prior to procedure.

DO NOT take any oral diabetes tablets.

After your colonoscopy, resume oral diabetes tablets as directed by doctor with next meal.

If you are taking INSULIN:

The day before the colonoscopy while on a clear liquid diet

It is important to drink 15 grams of carbohydrate containing clear fluids **every hour** throughout the day to avoid low blood sugar events. These fluids should be **regular liquids** (not diet or sugar free). This is in addition to your bowel cleansing drink.

Morning (Basal or Long Acting Insulin):

- If you usually inject Lantus, Levemir, Basaglar in the morning, take **usual dose**. However, if you are prone to low blood sugars, consider reducing the dose by 20%.
- If you usually inject Toujeo or Tresiba in the morning take **usual dose**. However in certain situations, your health care provider may

recommend reducing the dose by 20% two to three days before your procedure.

- If you usually inject Humulin N or Novolin NPH in the morning, take **1/2 usual dose**.

Evening/Bedtime (Basal or Long Acting Insulin):

- If you usually inject Lantus, Levemir, Basaglar in the evening or at bedtime, take **usual dose**. However, if you are prone to low blood sugars, consider reducing the dose by 20%.
- If you usually inject Toujeo or Tresiba in the evening take usual dose. However in certain situation, your health care provider may recommend reducing the dose by 20% two to three days before your procedure.
- If you usually inject Humulin N or Novolin NPH in the evening or at bedtime take **1/2 usual dose**.

For Mealtime (Rapid insulin) Novorapid, Humalog, Apidra or Fiasp:

- **Breakfast:** Take 1/2 your usual dose of breakfast insulin.
- **Lunch** Take 1/2 your usual dose of lunch insulin.
- **Supper:** **DO NOT** take rapid insulin.

For premix insulin: Humalog mix 25, Novomix 30, Novolin 30/70, etc.:

- **Breakfast:** Take ½ your usual dose of premix insulin
- **Supper:** Take ½ your usual dose of premix insulin

The day of the colonoscopy procedure

Clear fluids only up to 2 hours prior to procedure.

- **DO NOT** take any rapid insulin before your procedure.
- If you usually inject Lantus, Levemir, Basaglar, Toujeo or Tresiba in the morning, take usual dose.
- If you usually inject Novolin NPH or Humulin N insulin in the morning, take **1/2 the usual dose**.
- **DO NOT** take any premix insulin (Humalog Mix 25, Novomix 30, Novolin 30/70 etc.) before your procedure

After your colonoscopy, resume insulin as usual with next meal.