

Instructions for Patients with Diabetes Having Colonoscopy

Any test or procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage your blood sugar. Because the timing of your meals and medicines will be different than usual, your blood sugar level is also likely to be different than usual and you will want to watch it closely.

Checking your blood sugar and managing low blood sugars.

You should test your blood sugar every 1-2 hours from the time you start your PREP. . Also, check your blood sugars whenever you feel that you might be experiencing low blood sugars or very high blood sugars. Bring your blood glucose monitor and blood glucose strips with you to the procedure.

- Be sure to tell the nurse, doctor or technician if you think you are having a low blood sugar reaction during the procedure. Bring a source of sugar, should it be needed: glucose tablets, glucose gel, sugar packets. All can be used to treat a low blood sugar.
- If you have Type 1 diabetes (IDDM), you should also check your urine for ketones when your blood sugars are greater than 240 mg/dl. If ketones are moderate or large, contact your health care provider to manage this condition.
- If you have a low blood sugar reaction while preparing for a test, you must treat it. Besides the items listed above, you can use ½ cup APPLE JUICE or ½ cup SPRITE (clear liquid with carbohydrate)

Managing your diabetes medications

If you manage your blood sugar with pills (Oral medications):

Take all of your normal medications until 24 hours prior to the procedure. Do not take your pills the evening before the procedure or the morning of the procedure. Restart you medication the evening **after** the procedure. *(Please ask about your oral diabetic medications if you have questions)*

If you manage your blood sugar with Insulin:

Long acting Insulin taken in the morning: Take a full dose of your insulin the day before the test. Take ½ dose of your regular dose the morning of the procedure. Resume regular dosing **AFTER** the procedure. *(Common long-acting insulins include Lantus and Levemir. Ask if your insulin is not on this list)*

Long acting Insulin taken in the evening: Take ½ dose of your insulin the evening prior to the test. Do not take any more LONG ACTING insulin until **after** the test. *(Common long-acting insulins include Lantus and Levemir. Ask if your insulin is not on this list)*

Short acting insulin: Take ½ of your usual dose of insulin while on clear liquids. STOP all short-acting insulin from the start of your PREP until **after** your procedure. *(Common short-acting insulins include Novolog, Novolin, Humalog, insulin aspart, insulin lispro. Ask if your insulin is not on this list)*

Mixed Insulin: The day before your procedure, take ½ of your regular dose in the MORNING. Do not take any more insulin until **after** your procedure. *(Common mixed insulins include Humalog 75/25 and Humulin 70/30. Ask if your insulin is not on this list).*

Please check with your primary doctor, your diabetes specialist or the physician performing the procedure if you have any questions.