

Colonoscopy Prep – Diabetic Guidelines

All questions should be directed to the physician who manages your diabetes.

Day before procedure

- If you are a **diabetic** taking **oral medication**, take ½ your usual morning dose and none in the evening.
- If you are a **diabetic** on **insulin**, take ½ your usual morning and evening dose.
- Check your blood glucose before all clear liquid meals and at bedtime.
- Check your blood glucose if you have symptoms of low or high blood sugar.
- Make sure to have both **Sugar-free** and **Regular** clear liquids, like jello, juices, and pop. Aim for 45 grams of carbohydrate at meals (broth and juice) and 15 – 30 grams of carbohydrate for snacks (jello, juice, or broth).

Day of procedure

- If you are a **diabetic** taking **oral medications**, **DO NOT** take your medication until after your procedure. Test your blood sugar the morning of the procedure.
- If you are a **diabetic** on **insulin**, take ½ of your usual dose of **long acting insulin**. (NPH, Lente, 70/30, 75/25, Lantus and Ultra-Lente) the morning of your procedure.
- **STOP short acting insulin** (Regular, Humalog, and Novolog), unless you are using a sliding scale or insulin pump for your dosage.
- Test your blood sugar the morning of your procedure and every 2 hrs until your procedure. We will check your blood glucose pre & post procedure.