Colonoscopy Prep – DIABETIC GUIDELINES

Center for Digestive Health - www.Center4DigestiveHealth.com - (248) 844-9710

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.
- If you are a diabetic on insulin, take ½ of your usual dose of *long-acting insulin* the morning of your procedure.
- STOP *short-acting insulin*, 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 hours, until your procedure. We will check your blood glucose pre & post procedure.

Please refer to the "GLP and Diabetic Medication Hold Guidelines" document for a complete list of medications

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