



GUIDE



Managing Diabetes when you are having a colonoscopy



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

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THE DAY BEFORE YOUR COLONOSCOPY

What to drink:

You may have been told **not to eat any solid foods** the day before your procedure/colonoscopy. If you have been instructed to **drink only clear fluids, please follow the instructions given even if you have diabetes**. This is important in order to make sure you bowels are empty for your test. Note: you should avoid red or purple colored liquids.

Your body needs energy. You should have fluids that contain carbohydrates or sugar so that your body gets the energy it needs during the preparation day. You should have 45 to 60g of carbohydrate at your usual mealtime. This will replace the energy from your meal.

Between meals you can drink sugar free/carbohydrate free fluids.

Here are some examples of clears fluids and the amount of carbohydrate (sugar) per portion. You can have a combination of these at meal time to add up to 45 to 60g of carbohydrate:

Fluid	Amount	Carbohydrates (sugar)
Juice	½ cup	15 g
Regular Jello	½ cup	15 g
Regular pop	1 can (355ml)	40g
Popsicle	Double stick	15g
Sports drinks (Gatorade, Powerade)	½ cup	15g

To prevent dehydration drink at least 2 litres of clear fluids on your preparation day.

Drink sugar free clear fluids at any time through the day to make up at least 2 litres of fluid.

Here are some samples of sugar free fluids:

Fluid	Amount	Carbohydrates (sugar)
Broth (vegetable, beef, chicken)	No limit	0g
Sugar-free Jello	No limit	0g
Sugar- free pop	No limit	0g
Water	No limit	0g
Tea or coffee (no milk , cream or substitute)	No limit	0g

Sample diet for clear fluids for someone with diabetes:	Create your own
<p>Breakfast</p> <p>1 cup of apple juice 30 g</p> <p>1 cup of regular jello 30 g</p> <p>1 cup of clear tea 0 g</p> <p>Total 60 g</p>	<p>Breakfast</p> <p>_____ __g</p> <p>_____ __g</p> <p>Sugar-free option 0 g</p> <p>Total __g</p> <p>(recommend 45 to 60g)</p>
<p>Lunch</p> <p>1 can(355mL) regular pop 40 g</p> <p>½ cup of regular Jello 15 g</p> <p>Vegetable broth 0 g</p> <p>Total 55 g</p>	<p>Lunch</p> <p>_____ __g</p> <p>_____ __g</p> <p>Broth 0 g</p> <p>Sugar-free option 0 g</p> <p>Total __g</p> <p>(recommend 45 to 60g)</p>

Sample diet for clear fluids for someone with diabetes:	Create your own
<p>Supper</p> <p>1 cup of apple juice 30 g</p> <p>1 cup of regular Jello 30 g</p> <p>Beef Broth 0 g</p> <p>Total 60 g</p>	<p>Supper</p> <p>_____ __g</p> <p>_____ __g</p> <p>Broth 0 g</p> <p>Sugar-free option 0 g</p> <p>Total __g</p> <p>(recommend 45 to 60g)</p>
<p>Bedtime or evening snack</p> <p>1/2 cup of apple juice 15 g</p> <p>or</p> <p>½ cup of regular jello 15 g</p> <p>Total 15 g</p>	<p>Bedtime or evening snack</p> <p>_____ __g</p> <p>Total __g (optional)</p>

What to do with your medication

If you take pills for diabetes:

- Take your pills as usual

If you take insulin injections:

Take less insulin at supper or bedtime the evening before the colonoscopy as follows:

- If you take Glargine (Lantus, Basaglar or Toujeo), detemir (Levemir), digludec (Tresiba) or Humulin N or Novolin NPH take 70% of your usual dose.

Calculate like this: usual dose _____units X 0.7= take_____units at supper or bedtime (your usual routine time)

- If you take premixed insulin such as NovoMix 30, Humalog Mix 25, Humalog Mix 50, Humulin 30/70 or Novolin 30/70 (insulin) take 70 % of your usual dose.

Calculate like this: usual dose _____ units X 0.7=
take _____ units at supper.

If you use an insulin pump

Lower your basal rate at bedtime using the “Temporary or Temp basal” feature on your pump:

- For Medtronic and Accucheck spirit pumps ,set your temporary basal at 70%
- For Animas and Omnipod, set your temporary basal at – 30% (minus 30%)

If you are not sure how to do this, call your diabetes educator or the pump company’s customer support line for help. The telephone number for the customer support is usually printed on the back of the insulin pump or in your instruction manual.

If you have a low blood sugar:

Treat any low blood sugars of less than 4.0mmol/L but **remember to use only clear fluids** such as apple juice, white cranberry juice , white grape juice, regular Sprite, ginger ale, 7-up or 3 teaspoons or 3 packs of white sugar diluted in water. **Do not eat a snack or solid food** as your colonoscopy will be cancelled. Check your blood sugar more often and treat again with clear fluids if needed.

DAY OF YOUR COLONOSCOPY

If you take pills for diabetes:

- Do not take your diabetes pills the morning of your colonoscopy.

If you take insulin injections:

The morning of your colonoscopy take less long acting or premixed insulin:

- If you take Glargine (Lantus, Basaglar or Toujeo), detemir (Levemir), digludec (Tresiba) or Humulin N or Novolin NPH take 70% of your usual dose.

Calculate like this: usual dose _____ units X 0.7=
take _____ units in the morning.

- If you take premixed insulin such as NovoMix 30, Humalog Mix 25, Humalog Mix 50, Humulin 30/70 or Novolin 30/70 take ½ or 50 % of your usual dose.

Calculate like this: usual dose _____ units X 0.5=
take _____ units in the morning

- Do not take any rapid acting or meal time insulin in the morning except if you usually take corrections doses. If your blood sugar is high and you want to take a correction, take ½ or 50% of your usual correction.

If you use an insulin pump

- Keep your pump at the lower basal rate during the procedure.
- If you need to take a correction dose in the morning take only ½ or 50% of your usual correction.
- Please bring an infusion set or pod, reservoir and insulin with you to the appointment just in case you have any occlusion or no delivery alarms. This could happen when your body moves during the procedure.

If you have a low blood sugar

Treat any low blood sugars of less than 4.0mmol/L but **remember to use only clear fluids** such as apple juice, white cranberry juice, white grape juice, regular Sprite, ginger ale, 7-up or 3 teaspoons or 3 packs of white sugar diluted in water. **Do not eat a snack or solid food** as your colonoscopy will be cancelled. Check your blood sugar more often and treat again with clear fluids if needed.

Testing your blood sugar

Please bring your meter, strips and lancets with you to the appointment. You may need to check your sugar while you wait and on the way home.

AFTER YOUR COLONOSCOPY

If you take pills for diabetes

- You should restart your pills as soon as you can eat normally if you take your diabetes pills only once a day.
- If you take your pills twice a day and are not able to eat a meal until after 11:00 am, wait and restart your pills at supper time.
- **Do not double the dose to make up for a missed dose.**

If you take insulin injections

- Once you are able to eat, you should go back to your usual insulin dose when the next dose is due.
- If you are not able to eat your usual meal, you should not skip your insulin. Take your dose of insulin when the next dose is due and eat or drink sources of carbohydrates at meal time until you are able to eat normally.

If you use an insulin pump

- Once you are able to eat and drink after the procedure, you should cancel the temporary or temp basal and go back to your usual basal pump program.
- Take your usual meal boluses to match your carbohydrate and take any correction doses you may need.

If you have any questions about how to manage your diabetes medication for the preparation for a colonoscopy, please contact your diabetes doctor or diabetes educator.

After hours if you have concerns about your blood sugar call 613-761-4221 and ask to speak to the Endocrinologist on call for your doctor.

