

## Diabetes Medication Instructions for Colonoscopy Preparation and Procedure

These are general guidelines. Please call your AAEDA doctor for individual questions.

**For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.**

- Schedule the appointment early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.
- Bring your blood glucose meter, test strips, and a low blood glucose treatment with you on the day of the procedure.

### Clear liquid food choices for the day before your colonoscopy:

**Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid foods that are red or have red dyes (cherry, berry, or grape flavors).**

Food Items	Grams of carbohydrate
Apple juice (4 ounces)	15
White grape juice (4 ounces)	20
Sports drink such as Gatorade (8 ounces)	14
Gelatin (Jello), regular sweetened (1/2 cup)	15
Orange popsicles or ice pops (read the label)	15
Italian ice--not sherbet (read the label)	30
Sugar (for coffee or tea) (1 teaspoon or packet)	4

### **Food items without carbohydrate**

Fat-free broth, bouillon, or consommé  
Diet clear soda  
Coffee  
Tea, unsweetened or diet  
Seltzer  
Flavored water

### **Sample Menu**

**Avoid foods that are red or have red dyes (cherry, berry, or grape flavors).**

#### **Breakfast**

Apple or white grape juice (1 cup)  
Regular sweetened gelatin (1 cup)  
Tea with lemon

#### **Lunch**

Lunch Consommé (3/4 cup)  
Italian ice (1/2 cup)  
Regular sweetened gelatin (1/2 cup)  
Tea with lemon

#### **Dinner**

Consommé (3/4 cup)  
Strained fruit juice (1 cup)  
Regular sweetened gelatin (1/2)  
Tea with lemon

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## Preparation Day - The day before the procedure:

Follow the clear liquid diet on page 1 and adjust your medications as follows:

If you take:	Morning	Lunch/Dinner	Bedtime
Metformin, Actos, Avandia, Januvia, Janumet, Avandamet, Actoplus Met	Take your usual dose	Take your usual dose	
Glyburide, Glipizide, Amaryl, Prandin, Starlix, Glucovance, Metaglip, Duetact, Avandaryl	Do not take	Do not take	
Lantus or NPH insulin	Take your usual dose		Take your usual dose
Humalog, Novolog, or Regular insulin	Take ½ the usual amount if you take a fixed dose OR Cover your carbs with your usual carb ratio	Take ½ the usual amount if you take a fixed dose OR Cover your carbs with your usual carb ratio	
Premixed insulin; 75/25, Novolin 70/30, Novolog Mix 70/30	Take ½ the usual dose at breakfast	Take ½ the usual dose at dinner	

**Day of the procedure:** Do not make up or "double up" on any missed medications after the procedure.

If you take:	Morning	Lunch/Dinner	Bedtime
Metformin, Actos, Avandia, Januvia, Janumet, Avandamet, Actoplus Met	Take your usual dose	Take your usual dose	
Glyburide, Glipizide, Amaryl, Prandin, Starlix, Glucovance, Metaglip, Duetact, Avandaryl	Do not take	Resume your usual dose if eating	
Lantus or NPH insulin	Take ½ of the usual dose		Resume your usual dose
Humalog, Novolog, or Regular insulin	Do not take	Resume your usual dose if eating	
Premixed insulin; 75/25, Novolin 70/30, Novolog Mix 70/30	Do not take	Resume your usual dose if eating	