

COLONOSCOPY INSTRUCTIONS FOR INSULIN CONTROLLED DIABETICS

For patients with diabetes a colonoscopy can be challenging, especially if you are taking medications to regulate your blood sugar. Below are some tips to help you have a safe preparation and a successful colonoscopy.

- Before you start a liquid diet, you should contact your health care provider that manages your diabetes.
- If you take oral medications or insulin, make sure to ask them the dosages and when you should take these medications.
- **INSULIN AND DIABETES PILLS:** If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation.
- 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.

Preparing for Your Colonoscopy

One day before:

- Take HALF ($\frac{1}{2}$) of your normal insulin dose. For Lantus Insulin or Insulin
- Pump patients, do not change your dose or usual basal rate.
- Check your blood sugars frequently during the day.
- Drink all the clear liquids needed to maintain your blood sugar the day before the exam. If needed, you may also take Glucose tablets to maintain your blood sugar levels.

The morning of your procedure:

- Do not take any Humalog or Regular Insulin. If you are on NPH or Lente, take HALF ($\frac{1}{2}$) of your normal dose.
- If you are on Lantus Insulin, do not change your dose.
- Check your blood sugar in the morning as usual and report the level to the nurse when you are admitted for the procedure.
- If your glucose level is low, you may take glucose tablets with a small sip of water.
- Resume your normal Insulin dose following your procedure and if you are tolerating solids.