

COLONOSCOPY INSTRUCTIONS FOR ORAL 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 inulin, 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:

- Check your blood sugars at least two times the day before your exam.
- Take half of your normal pill dosage (you may cut the pills if needed) unless you are on Actos or Avandia in which case your dosage should remain the same as usual.
- Drink all the clear liquids needed to maintain your blood sugar level. If needed, you can take Glucose tablets.

The morning of your procedure:

- Do not take any medication except Actos or Avandia as these dosages should remain the same as usual.
- Check your blood sugar that morning and report the level to the nurse when you are admitted for your procedure.
- You may take Glucose tablets if your blood sugar is low that morning.
- Resume your normal medications following the procedure and if you are tolerating solids.