

Colonscopy Preparation for Diabetic Patients

In order to have a thorough exam of the colon, it is necessary to have a good cleanout. This is the purpose of the laxatives you will be instructed to take before your procedure. Bowel cleansing preparation can lead to dehydration if you don't consume enough fluids.

ADJUSTMENT IN DOSES OF MEDICINE

Day Prior to Procedure:

If you take:	Breakfast	Lunch/Dinner	Bedtime
Metformin-containing medications (janumet, avandamet, januvia, glucopha)	Do not take 24 hours before your procedure		
Actos (pioglitazone), Avanda, Amaryl (glimepiride) Avandia (rosiglitazone), Glucotrol (glipizide), Precose (acarbose), Farxiga, Invokana, Januvia, Janumet, (glyburide), Nesina, Onglyza, Tradjenta, Victoza	Take your usual dose	Take your usual dose	Take your usual dose
Long acting insulin, Lantus or Levemir	Take ½ your dose		Take ½ your dose
Humalog, Novolog, Regular Insulin or NPH Insulin	Take your usual dose	Take your usual dose	

Day of Procedure:

- ✓ Do not take any of your diabetic medication the morning of your procedure
- ✓ Please check your blood sugar before going to the hospital for your procedure

GENERAL INSTRUCTIONS

The clear liquid diet is much lower in calories than you usually consume, so you are allowed to drink clear juices (no pulp), and we recommend that you DO consume some juices to keep your energy up. Also, vary your clear liquids with broth and diet drinks. This will help you to maintain normal electrolytes, and keep you from feeling light-headed.

The preparation works by flushing fluid through your colon. It is important to keep drinking so that there is fluid to use. This makes you feel better and allows a better cleanout. Your blood sugar may run somewhat higher or lower during this time, but that is not cause for concern over the short term. If you experience a low blood sugar you may drink clear juice or suck on some hard candy.

We want you to feel comfortable about your preparation, and are available to answer any questions. Your endocrinologist or primary care provider is also available to clarify issues specific to your case. Mention that you are going through preparation for colonoscopy.

