

Preparing for Your Colonoscopy When You Have Diabetes

For patients with diabetes

Read this brochure to learn:

- How a colonoscopy can affect your diabetes
- Tips to help you prepare
- Guides to help you adjust your diabetes medicine
- Who to contact with questions



How does preparing for a colonoscopy affect my diabetes?

Your healthcare provider may ask you to change what you eat and drink before your colonoscopy because you need to have an empty colon.

Changes may include:

- following a clear liquid diet (such as water, gelatin, juice with no pulp),
- not eating solid foods, and
- taking a laxative 1 day before the procedure.

This preparation may affect your blood sugar levels and you may need to adjust your diabetes medications.

For more advice about adjusting your specific diabetes medication, contact your endocrinologist or Diabetes Education Team members.

Tips to help you safely prepare for your test:

- ✓ On the day before colonoscopy, have 30 to 45 grams of carbohydrates at meals. See the clear fluid options in the table on page 5.
- ✓ Have clear fluids containing sugar in case of low blood sugar. See the options in the table on page 5.
- ✓ Schedule your colonoscopy early in the morning to avoid fasting for too long.
- ✓ Do not have liquids with red or blue dye (for example, blue sports drinks).

The following information can help guide you when adjusting your diabetes medications.

If you are taking non-insulin medications

Medication	BEFORE your colonoscopy	Day of your colonoscopy
Metformin	Stop taking once you start your clear liquid diet.	Resume once you are eating your usual meals.
Januvia Trajenta Onglyza	No change.	Take in the evening after procedure.
Rybelsus Victoza	Stop taking once you start your clear liquid diet.	Resume once you are eating your usual meals.
Mounjaro Ozempic Trulicity	If you usually do injections once a week, skip the dose 1 week before your colonoscopy. Tell your colonoscopy team you are taking this medication.	Resume once you are eating your usual meals.
Invokana Jardiance Forxiga	Stop taking 3 days before colonoscopy.	Resume once you are eating your usual meals and drinking normally.
Diamicron Glyburide Amaryl Diabeta	Stop taking once you start your clear liquid diet.	Resume once you are eating your usual meals.
Gluconorm Starlix	Stop taking once you start your clear liquid diet.	Resume once you are eating your usual meals.

If you are taking insulins

Type of insulin	1 day BEFORE your colonoscopy	Day of your colonoscopy
Rapid Insulins Admelog, Apidra, Entuzity, Humalog, Humulin ge Toronto Humulin R, Kirsty, NovoRapid, Trurapi	If you are taking a fixed dose, take half of your usual dose once you start the clear liquid diet. If your insulin dose is based on insulin to carbohydrate ratio, continue your usual dosing.	Do not take on morning of the procedure. Take it again once you are eating your usual meals at next scheduled dose.
Intermediate Acting Insulins Humulin N, Novolin ge NPH	Take 80% of your usual dose.	Take half of your usual dose on morning of the procedure. Take it again once you are eating your usual meals at next scheduled dose.
Mixed Insulins Humalog Mix25 Humalog Mix50 Humulin 30/70 NovoMix 30 Novolin ge 30/70	Take half of your usual dose.	Do not take on the morning of the procedure. Take it again once you are eating your usual meals next scheduled dose.
Basal Insulins Basaglar, Lantus, Levemir, Semglee Toujeo, Tresiba	Take 80% of your usual dose. T1D: take half to 80% of your usual dose. T2D: take half of usual dose.	If you take the insulin in the morning, take half of your usual dose on the morning of the procedure. If you take the insulin at night, take the usual dose. T1D: If you take the insulin in the morning, take half to 80% of usual dose. If you take the insulin at night, take the usual dose. T2D: If you take the insulin in the morning, take half of the usual dose. If you take the insulin at night, take the usual dose.

If you use an insulin pump

Medtronic (Closed Loop: AutoMode OR SmartGuard)

- Start Temp Target the night before or the morning of the procedure.

Medtronic (Not using Closed Loop)

- Set Temp Basal Rate Reduction of 70% to 80% the night before or the morning of the procedure.

Omnipod

- Set Temp Basal Rate Reduction of 70% to 80% the night before or the morning of the procedure.

Tandem (on Closed Loop Control-IQ)

- Start Exercise Activity the night before or the morning of the procedure.

Ypsomed

- Set Temp Basal Rate Reduction of 70% to 80% the night before or the morning of the procedure.

Examples of clear liquids and the amount of carbohydrates:

Apple juice, ½ cup (125 millilitres) – 15 grams

White grape juice, ½ cup (125 millilitres) – 15 grams

Regular Jell-O®, ½ cup (125 millilitres) – 18 grams

Regular Ginger Ale, 1 cup (250 millilitres) – 23 grams

Regular Sprite, 1 cup (250 millilitres) – 27 grams



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