



PREPARATION FOR COLONOSCOPY 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.

This cleansing preparation can lead to dehydration if you don't consume enough fluids. Diabetic medications can also contribute to dehydration, so it is doubly important that you consume enough clear liquids.

Follow Prep Instruction Given To You For Prep Procedure!!

ADJUSTMENT IN DOSES OF MEDICINE

- Please refer to the back of this sheet for recommendations regarding your current diabetic medications.
- Be sure to check your blood sugar 3 times during your prepping period the day before your procedure.
- Also check your blood sugar the morning of your procedure.
- Remember to hold diabetic medication the day of the procedure as instructed.

GENERAL INSTRUCTIONS

The clear liquid diet is much lower in calories than you usually consume, 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 maintain normal electrolytes, and keep you from feeling light-headed. Please review prep sheet for clear liquid diet recommendations.

The preparation works by flushing fluid through your colon. It is important to keep you 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, 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 hard candy. **DO NOT FORGET TO CHECK YOUR BLOOD SUGAR!**

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 a colonoscopy.**

GENERAL GUIDELINES: Please follow the instructions given to you by your gastroenterologist at the time of your office visit.

Take half (or sliding scale per blood sugar reading) of your normal dose the day prior to your procedure. Take NONE the day of your procedure:

- Diabinese (chlorpropamide)
- Glucotrol / Glucotrol XL (glipizide)
- Micronase/ Glynase/ Diabeta (glyburide)
- Amaryl (glimepiride)
- Orinase (Tolbutamide)
- Dymelor (Acetohexamide)
- Tolinase (Tolazamide)
- Prandin (repaglinide)
- Starlix (nateglinide)
- Avandia (rosiglitazone)
- Actos (pioglitazone)
- Precose (acarbose)
- Glyset (meglitol)
- Avandaryl (rosiglitazone & glimepiride)
- Duetact (pioglitazone & glimepiride)

Take half (or sliding scale per blood sugar reading) of your normal dose the day prior to your procedure. Take NONE the day of your procedure:

Insulin

- Regular Insulin
- Humalog
- Humalin
- Novolog
- Novolin 70/30
- NPH (N)
- Lente (L)
- Ultralente (U)
- Novolog Mix 70/30
- Humalog 75/25
- Apidra

DO NOT TAKE the day prior to and day of procedure (until you are eating normally again)

- Glucophage (metformin)
- ActosPlus Met (pioglitazone & metformin)
- Avandamet (rosiglitazone & metformin)
- Glucovance (glyburide & metformin)
- Janumet (sitagliptin & metformin)
- Metaglip (glipizide & metformin)
- Prandimet (repaglinide & metformin)
- Onglyza (saxagliptin)
- Januvia (sitagliptin)
- Byetta (Exantide)
- Symlin (Pramlintide)

DO NOT TAKE evening prior to procedure

- Lantus



Don't forget to check your blood sugars!!

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