

Diabetic Patients

The following are general guidelines. **Always follow your doctor's instructions.**

1) Instructions for the day before the procedure:

- Colonoscopy (day of bowel preparation) – ½ the dose of your insulin (long-acting and short-acting) & oral medications should be taken. Check your blood sugar levels more often than usual.
Example- If you normally take 15 units of insulin takes 7-10 units.
- Gastroscopy – Usual diabetes treatment should be taken.

What can you eat?

To properly cleanse your colon, you will be asked to avoid all solids for 1-2 days before your procedure as well as the day of your procedure. You will be on clear fluids only.

To prevent low blood sugars and stay properly nourished, you must get your carbohydrates through fluids.

Fluids that contain carbohydrates: Regular Popsicle, Sprite, 7Up, Gingerale, Regular Jello, Apple /Grape/White Cranberry juice, Gatorade, Fruitopia, Regular Cool-Aid.

Fluids that are sugar-free: water, clear broth, diet pop, black coffee & tea, diet Jello & Popsicle.

Do not drink dark colored liquids, especially red and green.

Drink a minimum of 2L of fluids on day of preparation to ensure you stay hydrated.

2) Instructions the day of the procedure:

- Colonoscopy- Hold your usual diabetes treatment. Check your blood sugar level every 2 hours until you arrive at the clinic.
You may resume taking your usual dose after the procedure.
- Gastroscopy- Hold your usual diabetes treatment. Check your blood sugar level every 2 hours until you arrive at the clinic.
You may resume taking your usual dose after the procedure.

3) Instructions the day after the procedure:

- Usual diabetes treatment should be resumed.