

Additional Guidelines for Colonoscopy Bowel Preparation when you have Diabetes

You are to have only clear fluids for the whole day before your colonoscopy examination. If you do not drink enough carbohydrate-containing fluids your blood sugars may go low, or surprisingly, they may begin to go higher. You can get enough carbohydrates when having only clear fluids.

Guidelines:

- Follow the directions from your doctor for taking your insulin or pills.
- Monitor blood sugars regularly if you are not on insulin, but every 3 hours if you are on insulin. Please discuss this with your doctor
- Meet your needs for extra fluids. Your goal is to drink **at least** one tall glass of clear fluid every hour that contains **no carbohydrate** such as clear soup, clear broth, or sugar-free (diet) drinks, sugar-free popsicles, or sugar-free Jell-O that are not red, purple, green or brown in colour. (Diet ginger ale, yellow diet Jell-O, or an orange diet popsicle are all examples of good choices). There are no restrictions on these types of products for the day.
- In addition to fluids, you must also meet your needs for about 10 grams of carbohydrates every waking hour. If you take mealtime insulin you need to speak to your doctor or diabetes educator about insulin adjustment.
- Examples of about 10 grams of carbs are:
 - 1/3 cup of apple juice
 - ½ cup of regular ginger ale, Sprite, 7-up or other caffeine-free light colored pop
 - Two hard candies
 - ½ a regular popsicle (not red, purple, green or chocolate)
 - ¼ cup regular Jell-O (yellow or orange)

Call the Doctor if:

- You have persistent nausea or vomiting
- You have questions or worries

Plan Ahead:

If you are a patient at the Diabetes Education and Management Centre (DEMC) at Hotel Dieu Hospital or you wish to be via self-referral, please make an appointment with a diabetes dietitian to discuss a plan for the bowel preparation day by calling the DEMC receptionist at (613) 544-3400 ext. 3590.