

Waco Gastroenterology Endoscopy Center
INSTRUCTIONS FOR DIABETICS FOR COLONOSCOPY

FOR ALL PATIENTS, NOTHING TO EAT OR DRINK AFTER MIDNIGHT AND CLEAR LIQUIDS ON THE DAY OF YOUR PREP.

*****DO NOT TAKE YOUR INSULIN ON THE DAY OF THE PROCEDURE*****

- **For Multiple Split Dose Insulin Regimen (INTERMEDIATE ACTING):**
Including: Humulin 70/30, Humalog 75/25, Novolog 70/30, NPH, Humulin 50/50
 1. On the morning of the prep, take ½ of your dose of insulin. In the evening, hold the dose.
 2. Take no insulin on the morning of the procedure.
 3. Drink Sprite, 7-Up or Apple juice and eat Jell-O or popsicles (not red and not sugar free). You may have any other clear liquid. Make sure that the liquids that you eat or drink are NOT sugar free.
 4. Directions will be given in discharge instructions regarding resumption of insulin dosing AFTER the procedure.

- **For Single Dose Lantus or Lente Regimen (LONG ACTING):**
 1. Take ½ dose on the morning of your prep. Hold your dose if you take the injection in the afternoon or evening.
 2. Drink Sprite, 7-Up or Apple juice and eat Jell-O or popsicles (not red and not sugar free). You may have any other clear liquid. Make sure that the liquids that you eat or drink are NOT sugar free.

- **For Multiple Dose Insulin -- Type I Diabetics (SHORT AND FAST ACTING):**
Including: Regular, Humalog, Novolog, Apidra
 1. Take ½ of fast acting insulin at your regular mealtime. Drink Sprite, 7-Up or Apple juice and eat Jell-O or popsicles (not red and not sugar free). You may have any other clear liquid. Make sure that the liquids that you eat or drink are NOT sugar free.
 2. Consume at least 50 grams of carbohydrates per meal (**MENU ON BACK OF PAGE**)
 3. Directions will be given in discharge instructions regarding resumption of insulin dosing AFTER the procedure.

- **For Oral Diabetic Pills:**
Including: glucophage, avandia, actos, amaryl, prandin, glucotrol, avandamet, metaglip, fortamet, starlix, glucovance, glyburide
 1. Hold all of your pills on the day of the prep.
 2. Hold all pills on the morning of your procedure.
 3. Directions will be given in discharge instructions regarding resumption of Oral medications AFTER the procedure.

- **FOR Hormone Injections:**
Including: byetta
 1. Hold the day of the prep and the morning of your procedure.

****Check your blood sugar the morning of the procedure and eat 3 heaping teaspoonfuls of regular sugar if it is below 90****

SAMPLE MENU For 50 Gram Carbohydrate Meal	Sample Portions For Individual Servings of Carbohydrate
Example 1: ½ can of Sprite or 7-Up -----19g 1 cup of jello -----38g <div style="text-align: right;">57g</div>	1 can of Sprite or 7-Up (12 ounces) = 38g
Example 2: One 12oz glass of Kool-Aid -----37g ½ cup of jello -----19g <div style="text-align: right;">56g</div>	½ cup of jello = 19g 1 small box of prepared jello is 4 servings or 76g
Example 3: 1 can of Sprite or 7-Up -----38g 1 fruit juice bar -----15g <div style="text-align: right;">53g</div>	½ cup of apple juice = 15g 1 fruit juice bar = 15g
Example 4: ½ cup of apple juice -----15g 1 cup of jello -----38g <div style="text-align: right;">53g</div>	One 12 ounce glass of Kool-Aid = 37g Regular popsicles vary in carbs. – read the label
Example 5: 1 cup of jello -----38g One 8 ounce glass of Gatorade ----15g <div style="text-align: right;">53g</div>	One 8 ounce glass of Gatorade = 15g One 8 ounce glass of Powerade = 19g
Example 6: 2 fruit juice bars -----30g One 8 ounce glass of Powerade ----19g <div style="text-align: right;">49g</div>	One 8 ounce glass of All Sport = 20g

Mix and match to get your total carbs to help keep your glucose within range so you can safely take your insulin.

Broth is basically carb-free, so do not count it in your total count of carbs, but do use it to help get extra liquids.