



Colonoscopy Preparation for People with Diabetes

Contact the Diabetes Education Program if you have questions about your diabetes management. We are here to help!

Medication

Take your diabetes medication as prescribed. Do not omit. Check with your family physician before making any changes to your medication or insulin. It is a good idea to discuss this with your doctor in advance.

Make sure your specialist or doctor is aware of any vitamins, minerals or herbal supplements you are taking. Make sure your doctor is aware if you take aspirin or Coumadin (warfarin).

Blood Glucose Monitoring

Check your blood glucose every four hours. If blood glucose levels are more than 14.0 mmol/L for more than 24 hours, contact your health care provider. If you have Type 1 diabetes you need to check urine ketones.

A clear fluid diet is required for 24 or 48 hours prior to the test.

Clear Fluid Diet

1. No solid foods are allowed. Diabetic liquid meal replacements, such as Glucerna or Boost Diabetic, are not allowed. These foods leave a residue on the bowel. Boost Fruit Flavoured Beverage is allowed.
2. Every 4 hours throughout the day, you will need to drink fluids that provide a total of 50 grams of carbohydrate (see sample meals attached). Sip these fluids over the 4 hour period. Try for four meals each day.

3. Avoid red, pink, or purple Jell-O, popsicles or juices such as cranberry or grape.
4. Avoid juices with pulp, orange juice, tomato and vegetable juices.

Meal #1:

- 1 box Boost Fruit Flavoured Beverage (36 grams carbohydrate)
- 1 cup regular Nestea (20 grams carbohydrate)
- Total: 56 grams of carbohydrates

Meal #2:

- 1 cup apple juice (30 grams carbohydrate)
- ½ cup regular Jell-O (19 grams carbohydrate)
- Total: 49 grams carbohydrates

Meal #3:

- 1 regular popsicle (20 grams carbohydrate)
- 1 cup white grape juice (34 grams carbohydrate)
- Total: 54 grams carbohydrate

Meal #4:

- 1 bottle (591 mL) Gatorade (38 grams carbohydrate)
- ½ cup of regular (not diet) ginger ale (10 grams carbohydrate)
- Total: 48 grams carbohydrates\

Carbohydrate-free Beverages:

Drink these anytime in addition to your clear fluid meals. These will help you stay hydrated:

- Water
- Diet ginger ale
- Clear tea and herbal tea
- Black coffee
- Consommé, chicken or beef broth

- Sugar-free Jell-O
- Sugar-free popsicles
- Water with Crystal Light