



## HOW TO PREPARE FOR A COLOSCOPY (COLONOSCOPY) | FOR A PERSON WITH TYPE 2 DIABETES

### YOUR EXAM

Your physician has recommended you undergo a coloscopy (colonoscopy) and has contacted you to schedule an appointment.

If you are diabetic, it is important that you observe the following advice rigorously in order to be well prepared for the exam and in particular to control your glycemia (blood-sugar level).

If you need to cancel your exam,  
please notice our staff  
at 819 346-1110, ext. 29014.

This fact sheet complements the sheets that were given to you explaining what a coloscopy is and which procedures you need to follow. If you have not received them, please request them.

### THE EVENING BEFORE YOUR EXAM

1. During the strict liquid diet period, take approximately 15 grams of carbohydrates per hour.

In order to assist you, here are a few examples which represent 15 grams of carbohydrates:

- ½ cup or 125 ml of ginger ale;
- ½ cup or 125 ml of Jell-O jelly (avoid diet products);
- ½ cup or 125 ml of fruit juice.

**N.B.:** The other liquids allowed, including coffee, tea, water and broth, **do not contain** carbohydrates.

2. Have a liquid meal which provides approximately 30 to 45 grams of carbohydrate.
3. Ask your family physician to have your medication adjusted as you prepare for your exam.
4. If you cannot reach your family physician, read the recommendations on the reverse side.
5. Throughout these preparations, take your blood sugar frequently.

## IMPORTANT

You must comply with the preparation guidelines to prevent the postponement of your exam.

Here are a few recommendations to adjust your medication **ON THE EVENING BEFORE** your exam if you are unable to reach your family physician.

Medications to take as usual		Medications to reduce by half		Medications to avoid
Actos®	Komboglyze®	Amaryl®	Glimepiride	Forxiga®
Avandia®	Metformine	Diabeta®	GlucNorm®	Glyxambi®
Byetta®	Onglyza®	Diamicon®	Glyburide	Invokamet®
Bydureon®	Ozempic®	Diamicon® MR	Repaglinide	Invokana®
Glucobay®	Pioglitazone	Gliclazide		Jardiance®
Glucophage®	Rosiglitazone			Segluromet®
Glumetza®	Saxenda®			Steglatro®
Janumet®	Trajenta®			Steglujan®
Januvia®	Trulicity®			Synjardy®
Jentadueto®	Victoza®			Xigduo®
Adlyxine®	Nesina®			
Kazano®				

## WARNING! THE DAY BEFORE THE EXAM

Reduce the dose by one-third for combination medications containing insulin (Xultophy® and Soliqua®).

- If you are taking **rapid-acting** (Toronto® or R®) or **ultrarapid-acting insulin** (Fiasp®, Humalog®, Novorapid® or Apidra®): lower the **dose** you take by half **at suppertime**.
- If you are taking **premixed insulin** (30/70, 50/50, 40/60, 20/80), **intermediate-acting** (Humulin N® or Novolin® ge NPH) or **slow-acting insulin** (Basaglar®, Levemir®, Lantus®, Toujeo® or Tresiba®): lower **your dose by a third**.

## ON THE DAY OF YOUR EXAM

- **Do not take any of your tablets to treat diabetes or insulin** before your exam.
- You may drink liquids up to four hours before your appointment.
- **If you are having a hypoglycemic episode, treat it IMMEDIATELY** by taking either  $\frac{3}{4}$  cup of juice or a regular soft drink, glucose tablets (15 g) or a tablespoon of honey (or three teaspoons of sugar) dissolved in water, and that, even when complete fasting is required.

## AFTER THE EXAMINATION

- Start taking your regular diabetes medication at the mealtime which follows your exam.
- Resume your regular diet plan.

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### Revision and layout

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