

HOW TO PREPARE FOR A ENDOSCOPY CAPSULE | For type 2 diabetics

YOUR EXAMINATION

Your physician has recommended that you undergo a capsule endoscopy and has contacted you to schedule your appointment.

If you are a type 2 diabetic, it is important that you observe the following recommendations 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 notify our staff at 819 346-1110, ext. 25459.

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

THE EVENING BEFORE YOUR EXAMINATION

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:
 - 2/3 cups or 150 ml of ginger soda (ginger ale) or white soft drink, glucose tablets;
 - 1 tablespoon (15 ml) of sugar dissolved in water. Avoid diet products, Jell-O® and other dyed products.Note that the other liquids permitted, such as water and broths, **do not contain** carbohydrates.
2. Have a liquid meal which provides 30 to 45 grams of carbohydrate.
3. Ask your family physician to have your medication adjusted as you prepare for your exam. If you cannot reach your physician, see item 6.
4. Throughout these preparations, take your blood sugar (blood glucose) frequently.
5. Beginning at 7 p.m.: Do not eat or drink anything except for your regular medication with a sip of water.
6. Here are a few recommendations to adjust your medication ON THE EVENING BEFORE your exam if you were unable to reach your family physician.

Medications that can be taken as usual		Medications to avoid	
Actos®	Kazano®		
Adlyxin®	Komboglyze® Metformin®		
Avandia®	Nesina®	Amaryl®	Glyburide
Byetta®	Onglyza®	Diabeta®	Glyxambi®
Bydureon®	Ozempic®	Diamicron®	Invokamet®
Glucobay®	Pioglitazone	Diamicron® MR	Invokana®
Glucophage®	Rosiglitazone	Forxiga®	Jardiance®
Glumetza®	Saxenda®	Gliclazide	Repaglinide
Janumet®	Trajenta®	Glimepiride	Synjardy®
Januvia®	Trulicity®	GlucoNorm®	Xigduo®
Jentadueto®	Victoza®		

WARNING! THE EVENING BEFORE THE TEST

*For combined medications that contain insulin (Xultophy® et Soliqua®), lower the dose by a third.

If you are taking **rapid-acting** (Toronto® or R®) or **ultrarapid-acting insulin** (Apidra®, Admelog®, Fiasp®, Humalog®, Novorapid® or Trurapi®): **halve the dose you take 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®): **halve the dose you take.**

ON THE DAY OF YOUR EXAMINATION

Do not take your tablets for your diabetes and do not take your insulin before your examination.

If you have a hypoglycemic episode, treat it IMMEDIATELY.

1. Take either $\frac{3}{4}$ de cups (175 ml) of a regular white soft drink or 15 g of glucose tablets or 1 tablespoon (15 ml) of sugar dissolved in water, **even if you must fully fast.** If you take a soft drink, stir it a little to remove the bubbles.
2. After 15 minutes, **check your blood sugar (blood glucose) again.** If your blood sugar is still < 4,0 mmol/L, repeat steps 1 and 2.
3. If your blood sugar is > 4,0 mmol/L and you no longer feel the symptoms of hypoglycemia, **control your blood sugar every hour** until your 9 a.m. appointment with the manometry team.

AFTER THE EXAMINATION

You must fast for 2 to 4 hours after ingesting the capsule, depending on the time it takes for the capsule to reach your small intestine. Depending on the advice of the manometry team:

- Between 2 and 4 hours later, you can resume a clear liquid diet;
- Two hours after taking this liquid: Have a light snack (yogurt with dry cookies or cereal bar, a slice of bread with cheese, etc.);
- 10 hours after ingesting the capsule: Resume your regular diet **with your diabetes medication**.

AT ANY TIME, if you suffer a hypoglycemic episode, reinitiate steps 1-2-3 hereabove. Please note that taking glucose tablets is privileged to minimize the amount of liquid in the digestive system.

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