

# Diabetes Preparation Instructions

**IMPORTANT:** For the best results and to prevent the need to cancel or reschedule your colonoscopy, only follow preparation instructions given by your gastroenterologist.

1. For further dietary restrictions and additional preparation information, refer to the **Procedure Preparation Packet**.
2. Please contact your primary care physician or endocrinologist if your last hemoglobin A1c was greater than 9% or if you use insulin to manage your diabetes.

## The day before your procedure

### ▶ DIET OF CLEAR LIQUIDS:

- chicken, beef, or vegetable broth
- black tea or coffee
- popsicle, jello and sports drinks – *sugar free*

### MONITORING SUGARS:

Please check sugars before each meal, bedtime, and any time you do not feel well.

### FOR LOW SUGARS:

If sugar is below 70 points, treat with:

- apple, grape, or cranberry juice
- regular lemonade
- regular 7-up or Sprite

Drink 4 oz and check sugar in 15 minutes. If sugar is still below 70, drink another 4 oz and repeat as needed.

### ▶ DIABETES MEDICATIONS:

#### ORAL/INJECTABLE:

- **HOLD** the day of the prep and the day of the procedure: Glimepiride (*Amaryl*), Glipizide (*Glucotrol*), Glyburide (*Glynase*), Chlorpropamide (*Diabinese*), Repaglinide (*Prandin*), Nateglinide (*Starlix*)
- **CONTINUE** – no adjustment needed:: Sitagliptin (*Januvia*), Saxagliptin (*Onglyza*), Linagliptin (*Trajenta*), Alogliptin (*Nesina*), Exenatide (*Byetta*, *Bydureon*), Liraglutide (*Victoza*), Albiglutide (*Tanzeum*), Dulaglutide (*Trulicity*), Pioglitazone (*Actos*), Rosiglitazone (*Avandia*), Acarbose (*Precose*), Meglitol (*Glyset*)
- **OK** to take the day of the prep, but **DO NOT** take the morning of the procedure: Metformin (*Glucophage*), Canagliflozin (*Invokana*), Dapagliflozin (*Farxiga*), Empagliflozin (*Jardiance*), Linagliptin/Metformin (*Jentadueto*)

#### INSULIN:

Please consult with your prescribing physician (primary care physician or Endocrinologist) about potential changes to insulin during the preparation and procedure.

## The day of your procedure

- Continue clear liquid diet as suggested above until 3 hours before your procedure time.
- Resume usual diabetes medications after the procedure and when you are eating regular meals.