



Instructions for Patients with Diabetes Undergoing Colonoscopy and Upper Endoscopy Exams

You will need to take special care to make sure that your glucose/ sugar level does not drop too low when you are getting ready to have your procedure.

The following guidelines are general guidelines that apply to most patients. Please read the instructions carefully. Understand that all patients are different and some of these guidelines may not be appropriate for you. Please let us know if your glucose level is relatively difficult to keep in balance.

All patients who monitor blood glucose levels should do so on the day prior to the procedure and the morning of the procedure. If you are on a modified diet prior to your procedure please make sure that the liquids you are consuming contain some sugar in order to maintain your glucose level and to avoid hypoglycemia. Remember that we do not want your glucose level to go too low. We would rather that it be somewhat on the high side.

**If your glucose level drops dangerously low or if you feel "hypoglycemic", please do whatever you would normally do to raise the glucose level. Liquid sources of sugar/ glucose work quicker to raise your glucose level. Please be aware that if you eat solid food we may need to cancel the procedure.
Please notify our office if this occurs.**

Colonoscopy:

1. Do not take *oral medications* starting at 12 noon the day before your procedure day. This means you should not take these medications on the afternoon and evening prior to the procedure and on the morning of the procedure.
2. If you take *Glucophage (metformin)*, you should not take it at all on the day before, or on the day of the procedure.
3. If you take *insulin* take one half of your usual dose or doses on the day prior to, and on the day of the procedure.
4. *Following the procedure*, when you resume a normal diet, you can again take your usual dose of oral medications and insulin.

Upper endoscopy:

1. Do not take *oral medications* on the day of your procedure.
2. If you take *insulin* take one half of your usual morning dose of insulin.
3. *Following the procedure*, when you resume a normal diet, you can again take your usual dose of oral medications and insulin.