



Preparation for Colonoscopy for People with Diabetes

Contact the Diabetes Centre 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.

Blood Glucose Monitoring: Check your blood glucose every four hours. If blood glucose levels are more than 14 mmol/L for more than 24 hours, contact your family physician. Discuss with your doctor if you need to check urine ketones.

A clear fluid diet is required for 24 or 47 hours prior to the test

Clear Fluid Diet

1. Ensure is the acceptable meal replacement beverage as it is **low residue**. It provides 38 grams of carbohydrate per bottle.
2. **No solid foods are allowed.** Diabetic liquid meal replacements such as Glucerna or Resource Diabetic are not allowed. These foods leave a residue in the bowel.
3. 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.

MAHC Diabetes Centers



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Meal #1

1 bottle Ensure (38 grams carbohydrate)
 1/2 cup of regular (not diet) gingerale (10 grams carbohydrate)
 Total: 48 grams of carbohydrate

Meal #2

1 cup apple juice (30 grams carbohydrate)
 1/2 cup regular Jell-o (19 grams carbohydrate)
 Total: 49 grams carbohydrate

Meal #3

1 regular popsicle (20 grams carbohydrate)
 1 cup cranberry cocktail (30 grams carbohydrate)
 Total: 50 grams carbohydrate

*Add carbohydrate free beverages (see list below)

3. Add carbohydrate-free beverages from the list below in addition to your 'meals'. These will help you stay hydrated. Drink these as desired:

- Water
- Diet gingerale
- Diet soft drinks
- Clear tea, herbal tea
- Black coffee
- Consommé, chicken broth or beef broth
- Sugar free Jell-o
- Sugar free popsicles

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