



Managing Diabetes During a Procedure or Colonoscopy



Patient Handout

Huron Perth Diabetes Program

HURON PERTH
diabetes

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The Day **BEFORE** Your Colonoscopy or Procedure:

You may have been told **not to consume any solid foods** the day before your procedure or colonoscopy. If you have been instructed to **drink only clear fluids**, please follow the instructions you were given. This is important to make sure your bowels are empty before your test.

If you have diabetes, it is important that you consume both **sugar-free fluids** to keep you hydrated as well as **carbohydrate-containing liquids** to help keep your blood sugars stable & ensure you stay energized.

The following is a list of clear fluid carbohydrate choices that are suitable to consume before a colonoscopy test. Each of the following contains 15 grams (or ONE choice) of carbohydrate. Replace **EACH** of your usual carbohydrate foods (grains & starches, fruit, dairy, etc.) with **ONE** clear fluid carbohydrate choice at each meal & at your usual snack times. Most people will need 45-60 grams of carbohydrate (or 3-4 carbohydrate choices) at a meal & 0-30 grams of carbohydrate (0-2 carbohydrate choices) at snacks.

**** It is often recommended to avoid red or purple coloured liquids ****

Example: If you eat 2 slices of bread, 1 cup of milk & 1 apple for breakfast (total carbohydrate = 60 grams or 4 carbohydrate choices), you would need to replace this breakfast with 4 clear fluid carbohydrate choices from the list below.

Clear Fluid Carbohydrate Choices

(Each carbohydrate choice equals 15g carbohydrate)

Regular Soft Drink (not diet)	¾ cup
Apple Juice	½ cup
White Grape Juice	¼ cup
Orange Juice – no Pulp	¾ cup
Tang Drink Crystals – no red or purple	½ cup
Sugar-Sweetened Kool Aid – no red or purple	½ cup
Regular Jell-O – no red or purple	½ cup
Popsicle	1 whole
Honey	1 tablespoon
Regular Gatorade/Powerade (not diet)	1 cup
Lifesavers – no red	6

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You must also make sure to drink plenty of sugar-free (carbohydrate-free) clear fluids throughout the day to help keep you hydrated. Examples of sugar-free clear fluids are below.

Sugar-Free (Carbohydrate-Free) Clear Fluid Choices

Clear Tea	As desired
Water	As desired
Black Coffee – no milk, cream or substitute	As desired
Crystal Lite – no red or purple	As desired
Diet Soft Drink	As desired
Light Jell-O (sugar-free) – no red or purple	As desired
Clear Broth, Bouillon	As desired

To prevent dehydration, try to drink at least 2 litres of clear fluids on your preparation day. You should not have any clear fluids 2 hours prior to your colonoscopy or procedure.

A Note About Diabetes Medications:

Depending on the type of surgery or test you are having, you may need to adjust your diabetes medications in preparation for your procedure.

If you have any questions or concerns about how to manage your diabetes medications for the preparation of a procedure or colonoscopy, contact your Diabetes Team or endocrinologist/internist