

# HOW TO PREPARE FOR A COLOSCOPY

## FOR A PERSON WITH TYPE 2 DIABETES

(COMMONLY REFERRED TO AS COLONOSCOPY)



### YOUR EXAM

Your physician has recommended you undergo a coloscopy (colonoscopy) and has contacted you to schedule an appointment.

If you are diabetic, it is important that you observe the following advice 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 appointment, please notify us at least 5 days in advance:

- Sherbrooke: 819-564-5210
- Memphrémagog: 819-843-2572, ext. 2236
- Val-des-Sources: 819-879-7151, ext. 39300
- Haute-Yamaska: 450-375-8000, ext. 62442
- La Pommeraiie: 450-266-4342, ext. 65676
- Granit: 819-583-0330

For daytime calls during the week: ext. 36945

For evenings, nights, weekends, and holidays: ext. 37797

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

### THE EVENING BEFORE YOUR EXAM

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:

- ½ cup or 125 ml of ginger ale;
- ½ cup or 125 ml of Jell-O jelly (avoid diet products);
- ½ cup or 125 ml of fruit juice.

**N.B.:** The other liquids allowed, including coffee, tea, water and broth, **do not contain** carbohydrates.

2. Have a liquid meal which provides approximately 30 to 45 grams of carbohydrate.
3. Ask your family physician to have your medication adjusted as you prepare for your exam.
4. If you cannot reach your family physician, read the recommendations on the reverse side.
5. Throughout these preparations, take your blood sugar frequently.

## IMPORTANT

You must comply with the preparation guidelines to prevent the postponement of your exam.

Here are a few recommendations to adjust your medication **ON THE EVENING BEFORE** your exam if you are unable to reach your family physician.

Medications to take as usual			Medications to reduce by half	Medications to avoid
Actos®	Janumet®	Onglyza®	Amaryl®	Forxiga®
Adlyxine <sup>MD</sup>	Januvia®	Ozempic®	Diabeta®	Glyxambi®
Avandia®	Jentadueto®	Pioglitazone	Diamicron®	Invokamet <sup>MD</sup>
Byetta®	Kazano®	Rosiglitazone	Diamicron® MR	Invokana®
Bydureon®	Komboglyze®	Saxenda®	Gliclazide	Jardiance®
Glucobay®	Metformine	Trajenta®	Glimepiride	Segluromet®
Glucophage®	Mounjaro	Trulicity®	Gluconorm®	Steglatro®
Glumetza®	Nesina <sup>MD</sup>	Victoza®	Glyburide	Steglujan®
		Wegovy®	Repaglinide	Synjardy®
				Xigduo®

## WARNING! THE DAY BEFORE THE EXAM

- Reduce the **dose by one-third** for combination medications containing insulin (Xultophy® and Soliqua®).
- If you are taking **rapid-acting** (Toronto® ou R®) or **ultrarapid-acting insulin** (Humalog®, Novorapid®, Lyumjev® or Apidra®) or **biosimilar** (Trurapi, Admelog ou Kirsty): lower the **dose** you take **by half at supertime**.
- If you are taking **premixed insulin** (30/70, 50/50, 40/60, 20/80), **intermediate-acting insulin** (Humulin N® ou Novolin® ge NPH) or **slow-acting insulin** (Levemir®, Lantus®, Toujeo® or Semglee®): lower your **dose by a third**.
- If you are taking **weekly insulin** such as Awiqli or Icodec, consult your primary care physician

## ON THE DAY OF YOUR EXAM

Do not take any of your tablets or insulin to treat diabetes before your exam.

- You may drink liquids up to four hours before your appointment.
- **If you are having a hypoglycemic episode, treat it IMMEDIATELY** by taking either ¾ cup of juice or a regular soft drink, glucose tablets (15 g) or a tablespoon of honey (or three teaspoons of sugar) dissolved in water, and that, even when complete fasting is required.

## AFTER THE EXAMINATION

- Resume your regular diet plan.
- Start taking your regular diabetes medication at the mealtime which follows your exam.

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### Revision and layout

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Présidence – direction générale

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Novembre 2024 | 1-6-72081 (version française) | 1-6-72082 (version anglaise)