

GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

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Preparation for Colonoscopy for Diabetic Patients

In order to have a thorough exam of the colon, it is necessary to have a good cleanout. This is the purpose of the laxatives you will be instructed to take before your procedure.

Bowel cleansing preparation can lead to dehydration if you don't consume enough fluids. Diabetes and your medications can also contribute to dehydration, so it is doubly important that you consume enough clear liquids.

ADJUSTMENT IN DOSES OF MEDICINE

NO CHANGE: Actos (Pioglitazone), Avandia (Rosiglitazone) or Precose (Acarbose). Take as usual.

DO NOT TAKE: Metformin containing med such as Janumet or Avandamet and Metformin plain, Januvia, Glucophage- - **THE DAY PRIOR AND THE DAY OF COLONOSCOPY.** Resume medication when you resume your normal diet after your procedure.

TAKE HALF NORMAL DOSE: If you take **Insulin, including Lantus**, inhaled insulin (Exubera) or Diabeta (Micronase or Glyburide) , Diabinese (Chlorpropamide), Amaryl (Glimepiride), Glucotrol (Glipizide) , Starlix (Nateglinide), Prandin (Repaglinide). This **HALF DOSE** is to be taken the day of preparation & the day of the procedure till you start eating normally.

GENERAL INSTRUCTIONS

The clear liquid diet is much lower in calories than you usually consume, so you are allowed to drink clear juices, and we recommend that you **DO consume some juices to keep your energy up.** Also, vary your clear liquids with broth and diet drinks. This will help you to maintain normal electrolytes, and keep you from feeling light-headed.

The preparation works by flushing fluid through your colon. It is important to keep drinking so that there is fluid to use. This makes you feel better and allows a better cleanout.

Your blood sugar may run somewhat higher or lower during this time, but that is not cause for concern over the short term. If you experience a low blood sugar you may drink clear juice or suck on some hard candy.

We want you to feel comfortable about your preparation, and are available to answer any questions. Your endocrinologist or primary care provider is also available to clarify issues specific to your case. Mention that you are going through preparation for colonoscopy.