



Additional Colonoscopy Instructions for Diabetic Patients

These instructions are in addition to the preparation instructions given for your procedure. **Please follow both sets of instructions.**

Medications:

You may need to stop or change the way you take some of the medications you use to treat diabetes in preparation for this procedure. We are here to help you understand how you need to change your medications.

If You Have Diabetes:

Remember you will need to fast (go without food) before this procedure. Schedule your appointment early if you can. Call us for medication instructions if you take any of the following:

- Short Acting Insulin
- Long Acting Insulin
- Metformin (Glucophage) or other oral diabetic medication
- If you use an insulin pump, please contact the provider that prescribes this for instructions on how to adjust for the prep you are to take and for fasting the morning of the exam.

Purchase the following:

Purchase all the items on your preparation instructions however, purchase the lower sugar sports drinks like G2 Gatorade. Regular sports drinks contain a large amount of glucose.

The Day before Your Appointment:

- If you are insulin dependent, check your blood sugar frequently. Every 4 hours is recommended. Treat accordingly. If there are concerns, please contact Endoscopy.
- Make sure that in your selection of clear liquids you include some clear liquids that contain protein, such as broth.

The Day of Your Appointment:

- Check your blood sugar 2 hours prior to your check in time. If your blood sugar is greater than 200, please correct. If you are unsure how to do this, please call Endoscopy. Please be aware that if your blood sugar is greater than 300 when you arrive, we may need to reschedule your exam.

Contact Information:

Please call us with questions or concerns:

Endoscopy Call Center: (801) 213-9797, choose option 1 and then option 2