



Overlake Internal Medicine Associates  
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### **COLONOSCOPY PATIENTS WITH DIABETES**

*\*Try to schedule for the first or second case of the day (7:30 a.m. or 8:00 a.m.)*

#### **Insulin required twice per day**

Take half of the usual insulin in the morning on the day before your procedure (you will be on a clear liquid diet all day) and hold the afternoon dose of insulin. Check your blood sugar at the usual times during the day. If needed, take half of the usual amount of regular insulin which would normally be taken to correct elevated sugars, or take the usual amount of regular insulin for sugars >220mmol/dl. On the day of the procedure you may have clear liquids up until 4 hours prior to procedure. After the procedure resume your regular diet and take the afternoon insulin dose per your usual schedule or  $\frac{3}{4}$  of the afternoon insulin depending on your impression of the best dose.

#### **Insulin required once per day**

Take half the usual insulin dose on the day before your procedure (you will be on clear liquids all day). Check your blood sugar at the usual times during the day. If needed, take half of the usual amount of regular insulin which would normally be taken to correct elevated sugars, or take the usual amount of regular insulin for sugars >220mmol/dl. On the day of your procedure you may have clear liquids up until 4 hours prior to procedure. After the procedure resume your regular diet and take the afternoon insulin dose per your usual scheduled or  $\frac{3}{4}$  of the afternoon insulin depending on your impression of the best dose.

#### **Oral agent twice per day**

Take half the usual morning dose and hold the afternoon dose on the day before your procedure (you will be on clear liquids all day on the day before the exam). On the day of your procedure do not take your oral agent until after the exam, take the medication with you to the Endoscopy Center and then take the usual morning dose right after your procedure, and resume your regular diet.

#### **Oral agent once per day**

Take half of your usual dose of oral agent the day before your procedure (you will be on clear liquids all day, on the day before your exam). On the day of your procedure do not take your oral agent until after the exam, take your medication with you to the Endoscopy Center and then take your usual morning dose right after your procedure, and resume your regular diet.

If you have any questions regarding these instructions, please call the office at 425-467-0150.