

Colonoscopy Preparation – Insulin Pump

The preparation day guidelines for a colonoscopy can affect your blood glucose levels as it usually includes a change in your meal plan and a series of laxatives. On the day of the colonoscopy itself you will not be able to eat starting at midnight. As a result, you will need to make changes to both your insulin doses and frequency of blood glucose monitoring. Your blood glucose may be less well-controlled than usual. It is most important to avoid low blood glucose and severe high blood glucose before the procedure. To avoid this problem, your appointment should ideally be scheduled for the early morning, but occasionally, it may be scheduled in the afternoon.

Day Before The Procedure:

1. Monitor blood glucose every 4 hours.
2. Keep yourself well-hydrated. You need to have at least 8 ounces of fluid every hour the day *before* the colon prep as well as the day of the colon prep.
3. Drink clear fluids containing 15 grams of carbohydrate. It is recommended that you consume clear fluids every 2 hours distributed at breakfast time, mid-morning, lunch time, mid-afternoon, dinner, 2-3 hours after dinner and at midnight. Aim to have around 30-45 grams carbohydrates at a time. *You can take 45 grams at meal time and take non-carbohydrate liquids between meals if you want to limit the number of boluses you take.*

Examples of 15 grams carbohydrate:

- ½ cup clear apple juice, ½ cup white grape or cranberry juice
- ½ cup lemonade
- ½ cup carbonated beverages such as 7 up, ginger ale, Sprite
- ½ cup clear jello
- 8 ounces of Gatorade
- 4 glucose tablets (to be sucked)

Items without carbohydrate that can be taken as desired throughout the day:

Water
Diet Soda
Tea
Coffee without milk or cream
Diet Jell-O
Clear broth

4. Managing your insulin:

- Keep your basal rate the same during the day. Decrease the rate to 80% (*in other words; reduce by 20%*) for 24 hours when you start taking the laxative. (***Consult your endocrinologist for specific instructions if you are on an insulin pump that has automated features***)
- Take insulin for the carbohydrates you eat, and correct for high blood glucose as usual.
- Check your blood glucose before bedtime:
 - If the blood glucose is below 140 mg/dL, have 15 grams of carbohydrate and check blood glucose during the night.
 - If the blood glucose is less than 120 mg/dL, drink 15 grams of juice and re-check the blood glucose every 15 minutes until the level is over 120 mg/dL. Check blood glucose again at 2am.
 - If the overnight or 2am blood glucose is less than 120 mg/dL, drink 15 grams of juice.

<i>On the Day of the Procedure</i>

If you have low blood glucose (*blood glucose less than 70 mg/dL*):

- Suck 3 glucose tablets initially, and wait 15 min to re-check blood glucose.
- Take additional tablets if necessary until the blood glucose rises to over 120 mg/dL.
- Make sure you to tell the medical staff if you have hypoglycemia.

1. Check blood glucose on **arising** and **every 4 hours** until you resume your usual schedule.

- If blood glucose is above 160 mg/dL on arising, take 1/2 of the suggested correction as a 60-minute extended bolus. (***Consult your endocrinologist for specific instructions if you are on an insulin pump that has automated features and extended bolus is not available***)
- If your appointment is in the afternoon, continue to check your blood glucose every 4 hours, taking 1/2 of the suggested correction as a 60-minute extended bolus if the blood glucose is above 160 mg/dL.

2. Take your insulins, pump, all pump supplies, and glucose monitor/meter with you.

3. You can bring a packed meal so as to avoid delay in administering your insulin dose after the procedure.

4. After the procedure, resume your usual basal and boluses when you are able to eat a "normal" meal.