

Adjusting Your Diabetes Medicine and Diet for a Barium Enema or Colonoscopy

The guidelines below will help you adjust your diabetes medicine and diet as you get ready for your test.

If you see a diabetes educator or diabetes specialist, contact them at least 1 week before your test to ask about adjusting your diabetes medicine or insulin.

Diet

- Follow the instructions the GI Clinic gives you about what you can eat or drink before the test.
- Treat the clear fluid days like a sick day. Use List 1 or 2 on the next page to choose what to eat and drink. Your diet can be changed to clear fluids in one of these ways:
 1. If you count carbohydrates, try to drink the same amount of carbohydrate as you would eat at each meal and snack.
 2. If you follow a meal pattern, any item from List 1 will replace 1 serving from the grains and starches, fruit, milk and alternatives, or other choices group.
 3. If you don't follow a special diet or meal plan, eat or drink 1 item from List 1 every hour.
- If your blood sugar drops below 4.0 mmol/L or if you have symptoms of low blood sugar, take 15 grams of a carbohydrate-containing fluid from List 1.

Test your blood sugar again in 15 minutes. If your blood sugar is still low, take another 15 grams of carbohydrate-containing fluid from List 1.
- If you're worried your blood sugar will run too low, take extra fluid from List 1.

List 1 – Fluids that have sugar (Each has about 15 grams of carbohydrate) (No fluids with red or purple dye)	List 2 – Fluids that are sugar-free (Choose as desired) (No fluids with red or purple dye)
<ul style="list-style-type: none"> • black tea, coffee, or water with 1 rounded tablespoon (15 mL) sugar or honey • ½ cup (125 mL) regular Jell-O® • ½ cup (125 mL) regular (sugar sweetened) Kool-Aid® • ¾ cup (175 mL) fruit drink or fruit juice without pulp (e.g., apple, white grape) • ¾ cup (175 mL) regular pop • 1 cup (250 mL) sports drinks (e.g., Gatorade®) 	<ul style="list-style-type: none"> • water • clear bouillon, broth, or consommé • diet pop • diet Kool-Aid® or Crystal-Lite® • black coffee or tea • diet popsicle • diet Jell-O®

Testing Your Blood Sugar

Test your blood sugar anytime you feel your blood sugar is low or high.

- Test your blood sugar at least every 4 hours. Blood sugars in the range of 8 to 12 mmol/L are fine for these 2 days, even if it's higher than your usual target.
- If you have type 1 diabetes and your sugars are over 14 mmol/L, test your urine or blood for ketones.
 - If positive for ketones, you may need extra insulin. Moderate to large ketones may mean that you're in DKA (diabetic ketoacidosis) and need to go to the Emergency Department right away.
- If you're worried about your blood sugar level, speak with your healthcare provider or diabetes educator.

Adjusting Your Diabetes Medicine

If You Take Insulin

The Day Before the Test

Morning

- Basal Insulin:** Take your regular dose of basal insulin (Humulin N[®], Novolin[®] NPH, Lantus[®], Toujeo[®], or Levemir[®]).
Your dose will be _____ units.
- Premix Insulin:** Reduce your dose of premix insulin (Humulin 30/70[®], Novolin 30/70[®], or Humalog 25/75[®]) by 25% (or the amount your healthcare provider tells you) for your breakfast meal.
- Insulin Pump:** Keep the same basal rate.

Meals

- Bolus (meal) Insulin:** Reduce your dose of bolus (meal) insulin (Apidra[®], Humalog[®], NovoRapid[®], Humulin R[®], or Novolin[®] Toronto) by 25% (or the amount your healthcare provider tells you). You may need to reduce your dose of these meal insulins more if your blood sugar becomes low.
Your dose will be _____ units.
- Premix Insulin:** Reduce your dose of supper premix insulin (Humulin 30/70[®], Novolin 30/70[®], or Humalog 25/75[®]) by 25% (or the amount your healthcare provider tells you).
Your dose will be _____ units.

Evening/Bedtime

- Basal Insulin:** Reduce your dose of basal insulin (Humulin N[®], Novolin[®] NPH, Lantus[®], Toujeo[®], or Levemir[®]) by 25% (or the amount your healthcare provider tells you).
Your dose will be _____ units.
- Insulin Pump:** You may need to reduce your basal rate by 10% to 20% overnight if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.

Test Day

Morning

- Bolus (meal) Insulin:** **Don't take** your morning meal (bolus) insulin (Apidra®, Humalog®, NovoRapid®, Humulin R®, or Novolin® Toronto).
- Premix Insulin:** **Don't take** your morning premix insulin (Humulin 30/70®, Novolin 30/70, or Humalog 25/75®).
- Basal Insulin:** Reduce your dose of basal insulin (Humulin N®, Novolin NPH®, Lantus®, Toujeo®, or Levemir®) by 25% (or the amount your healthcare provider tells you).
Your dose will be _____ units.
- Insulin Pump:** You may need to reduce your basal rate by 10% to 20% overnight if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.

***Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

After the Test

- Premix Insulin:** Reduce your morning dose of premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) by 25% (or the amount your healthcare provider tells you) for your first meal after the test.
Your dose will be _____ units.
- All other insulin:** Take as prescribed.

If You take Diabetes Medicine other than Insulin

The Day Before the Test

- Take your medicine as usual in the morning and at lunch or as your healthcare provider tells you.
- Don't take any diabetes medicine with or after your supper** unless your healthcare provider tells you to.

Test Day

- Don't take any diabetes medicine until after your test is done and you're eating. Then take it as per your scheduled dose.

***Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.