



# Diabetes

## 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:
  - If you count carbohydrates, try to drink the same amount of carbohydrate as you would eat at each meal and snack.
  - 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.
  - 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 carbohydrates)(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"> <li>■ black tea, coffee, or water with 1 rounded tablespoon (15 mL) sugar or honey</li> <li>■ ½ cup (125 mL) regular Jell-O®</li> <li>■ ½ cup (125 mL) regular (sugar sweetened) Kool-Aid®</li> <li>■ ¾ cup (175 mL) fruit drink or fruit juice without pulp (e.g., apple, white grape)</li> <li>■ ¾ cup (175 mL) regular pop</li> <li>■ 1 cup (250 mL) sports drinks (e.g., Gatorade®)</li> </ul>	<ul style="list-style-type: none"> <li>■ water</li> <li>■ clear bouillon, broth, or consommé</li> <li>■ diet pop</li> <li>■ diet Kool-Aid® or Crystal-Lite®</li> <li>■ black coffee or tea</li> <li>■ diet popsicle</li> <li>■ diet Jell-O®</li> </ul>

### 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<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, or Levemir<sup>®</sup>). Your dose will be \_\_\_\_\_ units.
- **Premix Insulin:** Reduce your dose of premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) by 25% (or the amount your healthcare provider tells you) for your breakfast meal. Your dose will be \_\_\_\_\_ units.
- **Insulin Pump:** Keep the same basal rate.

### Meals

- **Bolus (meal) Insulin:** Reduce your dose of bolus (meal) insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> 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<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) 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<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, Toujeo<sup>®</sup>, or Levemir<sup>®</sup>) 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<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto).
- **Premix Insulin:** **Don't take** your morning premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>).
- **Basal Insulin:** Reduce your dose of basal insulin (Humulin N<sup>®</sup>, Novolin NPH<sup>®</sup>, Lantus<sup>®</sup>, Toujeo<sup>®</sup>, or Levemir<sup>®</sup>) 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<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) 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.**

**For 24/7 nurse advice and general health information call Health Link at 811.**

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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.

For 24/7 nurse advice and health information, please call Health Link at 8-1-1.