

Bowel Prep for Colonoscopy

For people who have diabetes

This handout gives guidelines for people who have diabetes, who are preparing for a colonoscopy. It includes a sample menu and food options.

How do I prepare for my colonoscopy?

When you are doing a “bowel prep” before a colonoscopy, you must have only clear liquids for at least 24 hours before your exam. If you have diabetes, you need to be sure to take in enough carbohydrates (carbs) from liquids you may not usually drink. Your meal plan should include at least 150 grams of carbs, with a goal of 240 grams the day before your exam.

This handout lists the liquids you may have during your bowel prep. There is also a sample menu for 1 day to show the kinds of foods you may need to eat to provide enough calories and carbs to avoid low blood glucose. Be sure to talk with your diabetes educator if you have questions.



Tea without milk is one type of clear liquid.

Sample Menu for Bowel Prep Diet

Remember to drink plenty of water during the day.

Clear Liquid	Serving Size	Carb Grams
Breakfast		
Apple juice	1 cup	30
Jell-O (regular*)	1 cup	30
Broth or bouillon (fat-free)**	1 to 2 cups	0 to 1
Tea or coffee (regular or decaf, with no milk)	1 to 2 cups	0 to 1
Snack		
Popsicle (regular*)	1 twin	15
Water	1 to 2 cups	0

Clear Liquid	Serving Size	Carb Grams
Lunch		
Cran-raspberry juice	1 cup	45
Jell-O (regular*)	1 cup	30
Broth or bouillon (fat-free)**	1 to 2 cups	0 to 1
Tea or coffee (regular or decaf, with no milk)	1 to 2 cups	0 to 1
Snack		
Resource Breeze fruit drink*** or Ensure Enlive!***	4 ounces (½ container)	26
Water	1 to 2 cups	0
Dinner		
Broth or bouillon (fat-free)**	1 to 2 cups	0 to 1
Jell-O (regular*)	1 cup	30
Snack		
Tea or coffee (regular or decaf, with no milk)	1 to 2 cups	0 to 1
Resource Breeze fruit drink*** or Ensure Enlive!***	4 ounces (½ container)	26
Water	1 cup	0
Total Carb Grams: 237		

Clear Liquid Options

Clear Liquid	Serving Size	Carb Grams
Juices/Fruit Drinks		
Apple	½ cup	15
Cranberry	⅓ cup	15
Grape	⅓ cup	15
Orange (strained)	½ cup	15
Lemonade	½ cup	15
Sports Drinks		
All	1 cup	14
Clear Liquid Supplements with Protein		
Resource Breeze fruit drink***	8 ounces	54
Ensure Enlive! (apple)***	8 ounces	37

Clear Liquid	Serving Size	Carb Grams
Carbonated Drinks		
7-Up	12 ounces	40
Ginger ale	12 ounces	40
Fruit-flavored	12 ounces	40
Hot Drinks		
Tea or coffee (regular or decaf, with no milk)	6 to 8 ounces	0 to 1
Broth or bouillon (fat-free)**	1 cup	0 to 1
Other		
Jell-O (regular*)	1 cup	30
Fruit ice	½ cup	15
Hard candy	6 pieces	15
Honey	1 tablespoon	15
Sugar	1 tablespoon	15
Popsicle (regular*)	1 twin	15

* Avoid sugar-free foods unless your blood glucose is high.

** Broth is a good source of the *electrolytes* your body needs to maintain fluid balance. **Bragg's Liquid Aminos** can be bought at Fred Meyer stores or most nutrition centers. It tastes like soy sauce but has much less sodium and much more flavor and nutrients.

*** These drinks are good sources of protein to help meet your daily needs. You can buy them at most drug stores.

What do I do about taking my diabetes medicines before my colonoscopy?

If you take medicine as part of your diabetes treatment plan, talk with your diabetes care provider about how to adjust your diabetes medicine.

- **If you take metformin:** Ask your diabetes care provider what you need to do. Most times, metformin is stopped 1 to 2 days before a colonoscopy and restarted once you begin eating again.
- **If you take insulin:** It is vital to talk with your diabetes care provider **before** you begin your clear liquid diet. You may need to adjust your insulin dose to reduce your risk of low blood sugar. It is likely your provider will also tell you to adjust your insulin dose on the day of your procedure.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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