

Preparing for a colonoscopy when living with type 1 diabetes

During the 3 days preceding the colonoscopy:

- I follow the diet recommended by the hospital.
- I monitor my blood sugar regularly (at least 4 times a day or with a continuous glucose monitor; CGM).

The day before and the morning of the colonoscopy:

- I try to keep my blood sugar between 8 and 12 mmol/L.
- If I need to correct a hypoglycemia before the exam, I do so with clear liquids (e.g., 3 tsp. white sugar diluted in water, 2/3 cup (150ml) juice or regular soft drink).
- I bring to the test my blood glucose meter, my medication (e.g. insulin pens) and carbohydrates (e.g. juice or soft drinks, Dex4) in case of hypoglycemia and snacks (if allowed and tolerated after the test).

Adjustments required if you use insulin injections

Insulins	3 days before	2 days before	the day before	exam day
Rapid-acting insulins (e.g., (Novorapid, Kirsty, Trurapi, Fiasp, Admelog, Humalog)	Take normally.		Adjust according to the insulin-to-carb ratio or take 50% of the dose if it is fixed.	Restart when feeding resumes.*
Intermediate-acting insulins (e.g., Humulin N, Novolin NPH)	Take normally.			
Long-acting insulin with a 24-hour duration of action (e.g., Lantus, Semglee, Basaglar)	Take normally.		Take 80% of the dose.	Take 50% of the dose on the morning of the exam (if applicable) and resume the usual doses when feeding is back to normal.
Long-acting insulin with a duration of action of more than 24h (e.g., Toujeo, Tresiba)	Take normally.		Take 50-80% of the dose.	Take 50% of the dose on the morning of the exam (if applicable) and resume the usual doses when feeding is back to normal.

*For the first meal, wait until the end to administer your rapid-acting insulin in case of faster satiety or nausea/vomiting.

Adjustments required if you use an insulin pump

	3 days before	2 days before	the day before	exam day
Non-automated insulin pump	No changes needed.		Set a temporary basal rate of 70% of your usual basal from bedtime until after the exam.	
Hybrid closed-loop system (automated pump).	No changes needed.		Set the physical activity mode, a temporary basal rate or a temporary higher target from your bedtime until after the exam.	

Adjustments required if you take other antihyperglycemic medications

Medication	3 days before	2 days before	the day before	exam day
Metformin (Glucophage)	Take normally.			
GLP-1 agonists (e.g., Trulicity, Byetta, Bydureon, Victoza, Rybelsus, Ozempic)	Take normally.	If it is one injection a week, do not take it within 2 days before the exam. Otherwise, take it as usual.	Stop when the liquid diet begins.	Resume when feeding restarts.
SGLT-2 inhibitors (e.g., Invokana, Forxiga, Jardiance)	Stop.			Resume when feeding restarts.