bcdiabetes.ca
Patient Care + Research + Clinical Trials

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Insulin & medication tweaks for clients undergoing outpatient colonoscopy

There is no “one-size fits all” prescription but at BCDiabetes the following SOPs pertain:

Intensive insulin users (basal-bolus or insulin pump)

No change to basal insulin at any time: same dose the day(s) before & the day of colonoscopy
Give prandial/rapid/mealtime insulin & corrections by carb-counting

Basal insulin only users

Give usual dose of basal insulin 2 days prior to colonoscopy
Reduce basal insulin the day before colonoscopy by 30% *(the rationale here is that basal insulin is part being used as a bolus insulin)*
Give usual dose of basal insulin the day of colonoscopy *(the rationale here is that the client will be stressed and insulin resistant)*

Sulfonylurea users

BCDiabetes considers the SU class to be “dangerous” and discourages use at all times.
For patients on SUs, stop the day prior to colonoscopy and resume the day after colonoscopy.

Metformin, SGLT2 inhibitors, DPP4 inhibitors, GLP-1 RAs

Continue unchanged before, during and the day after colonoscopy.
Pills can be taken with a sip of water on the day of colonoscopy.

Short URL = https://bit.ly/colonoscopy_insulin