



Phoenix
Health
Solutions

PATIENT INFORMATION

Diabetes – Diet Controlled



Guidelines for patient with Diabetes undergoing a Colonoscopy – Diet Controlled

With your appointment letter you will have received a low residue diet sheet and a bowel preparation with instructions.

Two days before taking the bowel preparation.

Have your last proper meal the day before starting the low residue diet.

Start the low residue diet 2 days before starting the bowel preparation, this will ensure that your bowel is clear.

Day before the procedure

You may eat up to the time specified on the bowel preparation instructions, then drink clear fluids only.

Follow the bowel preparation instructions as stated in the leaflet.

Day of procedure

You may drink clear fluids up to 2 hours before your appointment time.

You can resume normal eating habits after the procedure has been completed.