



Phoenix
Health
Solutions

PATIENT INFORMATION

Diabetes – Insulin Injections



Guidelines for patient with Diabetes undergoing a Colonoscopy – Insulin Injections.

Morning appointment only

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

Two days before taking the bowel preparation.

The low residue diet should be started two days before taking the bowel preparation, this is to ensure that your bowel is clear.

Day before the procedure

You may eat up to the time specified on your Bowel preparation instructions.

80% of your usual dose of insulin should be administered during the fasting period and while taking the bowel preparation.

Do not eat solid food from the time specified and drink clear fluids only.

It is recommended you check blood glucose levels every 4 hours while taking the bowel preparation. If you blood sugar levels fall to 4mmol or below, then a sugary drink/glucose tablet can be taken and monitor your blood sugar levels more closely.

Day of procedure:

You can have a clear sugary drink and clear fluids may be taken up to two hours before your appointment time shown on your letter.

Do not take your morning dose of insulin but bring it with you to your appointment.

Your blood glucose levels will be checked before your procedure.

Your normal dosage of insulins can be administered once the procedure has been completed and eating and drinking has resumed.