



**Phoenix**  
Health  
Solutions

## **PATIENT INFORMATION**

**Guidelines for patients with Diabetes undergoing a  
Colonoscopy – Insulin (2,3,4 or more daily  
injections) – Morning Appointment**



# Guidelines for patients with Diabetes undergoing a Colonoscopy –Insulin (2, 3, 4 or more daily injections)

## Morning Appointment

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

## Three days before taking the bowel preparation

A low residue diet should be started three days before taking the bowel preparation to ensure a clear bowel. Your dose of insulin should be reduced by half while on a low residue diet.

## Day before the procedure

You may have breakfast at 9:00am with your half dose of insulin, then follow bowel preparation instructions. Do not eat solid food but clear sugary drinks may be taken e.g. Lucozade. Lunchtime, teatime and bedtime doses must be reduced by half. **It is recommended you check blood glucose levels at least four times a day.**

## Day of Procedure

Please follow bowel preparation instructions. You can have a clear sugary drink and clear fluids may be taken until two hours before your appointment time shown on your letter. Do not take any insulin but take it with you to your appointment. Your blood glucose levels will be checked before your procedure.

Your normal diet may commence on discharge.

Reduce your lunchtime and teatime doses by half and monitor blood glucose more often.

