



Phoenix
Health
Solutions

PATIENT INFORMATION

**Guidelines for patients with Diabetes undergoing a
Colonoscopy – Tablet & Basal (Intermediate/long
acting insulin – Afternoon Appointment**



Guidelines for patients with Diabetes undergoing a Colonoscopy – Tablets & Basal (intermediate/long acting) insulin.

Afternoon 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 diabetic tablets/insulin should be reduced by half whilst on a low residue diet. Half your usual dose of medication by breaking the tablet if it has an obvious line down the middle (a scored tablet). If your usual tablets are not scored then do not take this medication. Contact Phoenix Health Solutions if you have questions or concerns.

Day before the procedure

You may eat up until 1:00pm then follow bowel preparation instructions. Take your tablets at breakfast but reduce the dose by half. Reduce your insulin dose by half. **It is recommended you check blood glucose levels at least four times a day.**

Day of Procedure

Please follow bowel preparation instructions. **Do Not** take your breakfast or lunchtime tablets or insulin. You can have a sugary drink e.g. Lucozade and clear fluids until two hours before your appointment time shown on your letter. Ensure you take your tablets, insulin and device with you to the Endoscopy unit for your appointment. Your normal diet may commence on discharge.

