



Phoenix
Health
Solutions

PATIENT INFORMATION

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



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

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 insulin should be reduced by half while on a low residue diet.

Day before the procedure

You may eat up until 1:00pm then follow the instructions on your leaflet. Take half your dose of insulin at breakfast and lunchtime but reduce your teatime and bedtime doses by half. Do not eat solid food but clear sugary drinks may be taken e.g. Lucozade. **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 at breakfast and half your dose of insulin, and a clear sugary drink at lunchtime but no insulin. Clear fluids may be taken until two hours before your appointment time shown on your letter. Your blood glucose levels will be checked before your procedure. Your normal diet may commence on discharge. Reduce your teatime and bedtime insulin by half.

