



Phoenix
Health
Solutions

PATIENT INFORMATION

Guidelines for patients with Diabetes undergoing a Colonoscopy – Tablet controlled Afternoon Appointment



Guidelines for patient with Diabetes undergoing a Colonoscopy – Tablet Controlled

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

The low residue diet should be started three days before taking the bowel preparation to ensure a clear bowel, a diet sheet will be provided. Your dose of diabetes tablets should be reduced by half while 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 medications. Contact Phoenix Health Solutions if you have any questions or concerns,

Day before the procedure

Take half your tablets at breakfast and half again at lunchtime. You may eat up until 1pm then follow bowel preparation instructions. Do not take your teatime tablets. **It is recommended you check blood glucose levels at least four time a day.** If on Metformin there is no need to check. Metformin can make symptoms of diarrhoea worse, you may wish to stop taking it during bowel preparation.

Day of Procedure

Do not take your breakfast or lunchtime tablets. You can have a clear sugary drink e.g. Lucozade and clear fluids until two hours before your appointment time. Please ensure you bring your diabetes tablets with you to your appointment.

Following your procedure, and when you are advised you can eat and drink, take your teatime dose of tablets but reduce by half (take with food). The day after your procedure take your tablets as normal.

