



**Phoenix**  
Health  
Solutions

## **PATIENT INFORMATION**

### **Guidelines for patients with Diabetes undergoing a Colonoscopy – Tablet controlled Morning Appointment**



# Guidelines for patient with Diabetes undergoing a Colonoscopy – Tablet Controlled

## 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

The low residue diet should be started three days before your appointment.

## Day before the procedure

You may have breakfast at 9:00am and reduce your diabetes tablets by half your usual dose of medication by breaking the tablet 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 any questions or concerns. Do not eat solid food after this time, but drink clear sugary drinks (e.g. Lucozade) at mealtimes instead of food. Do not take your lunchtime, teatime or bedtime dose of diabetes tablets. **It is recommended you check blood glucose levels at least four times a day.**

## Day of Procedure

Do not take your breakfast diabetes tablets, but you may have a sugary drink. Clear fluids may be taken up until two hours before your appointment. Ensure you take your diabetes tablets with you to your appointment.

Following your procedure, and when you are advised you can eat and drink, take your lunchtime diabetes tablets but reduce this dose by half (take with meal). Take your teatime dose of diabetes tablets as normal.

