



Phoenix
Health
Solutions

PATIENT INFORMATION

Diabetes – Insulin & Tablet Controlled



Guidelines for patient with Diabetes undergoing a Colonoscopy – Insulin & Tablet Controlled.

Morning appointment

In your appointment letter pack you will receive a low residue diet sheet and bowel preparation with instructions

Two days before taking the bowel preparation.

A low residue diet should be started two days before taking the bowel preparation to ensure that your bowel is clear.

Day before the procedure

You may eat solid food up to the time specified on your bowel preparation instructions.

Do not eat solid food after this time but you can drink clear fluids.

Please follow bowel preparation instructions.

Do not take the evening dose of any oral diabetic medications and only have 80% of your usual insulin dose while taking the bowel preparation.

It is recommended that you check blood sugar levels every 4 hours while taking the bowel preparation. If your blood sugars fall to 4mmol or below, then a sugary drink/Glucose tablet can be taken and monitor your blood glucose levels more closely.

Day of procedure

Do not take your morning dose of both diabetic tablets and insulin. Keep checking blood sugar levels regularly.

Clear fluids may be taken up to two hours before your appointment time shown on your letter.

Please bring your diabetic medication to your appointment.

Following your procedure and when you are advised you can eat and drink, your normal dosages of diabetic medication can resume.