



Phoenix
Health
Solutions

PATIENT INFORMATION

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



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

Morning Appointment

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, a diet sheet may be provided. Your dose of diabetic tablets/insulin should be reduced by half whilst on a low residue diet.

Day before the procedure

You may have breakfast at 9am with **half** your usual dose of tablets. If you take your insulin in the morning **Do Not** take it until after your procedure.

Do Not eat solid food after this time but drink clear sugar drinks at mealtimes instead of food.

Please follow bowel preparation instructions

It is recommended that you check your blood glucose levels at least 4 times a day.

Day of Procedure

Continue to follow bowel preparation instructions.

Do Not take your breakfast tablets or insulin – you can have a sugary drink

Clear fluids may be taken until 2 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.

Following your procedure and when you are advised you can eat and drink.

