



Phoenix
Health
Solutions

PATIENT INFORMATION

Guidelines for patients with Diabetes undergoing a Colonoscopy – Diet Controlled



Guidelines for patients with Diabetes Undergoing a Colonoscopy – Diet Controlled

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.

Day before the procedure

You may eat up until the time state on your bowel preparation leaflet.

Do not eat solid food after this time, but drink clear sugary drinks e.g. Lucozade at mealtimes with your bowel preparation instead of food. Please follow bowel preparation instructions.

Day of Procedure – Morning appointment

Have a clear sugary drink at breakfast. Clear fluids may be taken until two hours before your appointment time. Your blood glucose levels will be checked before your procedure.

Your normal diet may commence on discharge after your procedure.

