

**PATIENT INFORMATION**

**Guidelines for patients with Diabetes undergoing a Colonoscopy – Insulin (2,3,4 or more daily injections) – Afternoon Appointment**

**Guidelines for patients with Diabetes undergoing a Colonoscopy – Insulin (2, 3, 4 or more daily injections)**

**Afternoon Appointment**

With your appointment letter you will have received a low residue diet sheet and a 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 a clear bowel. Your dose of insulin should be reduced by half while on a low residue diet.

**Day before the procedure**

You may eat up until 1:00pm then follow the instructions on your leaflet. Take half your dose of insulin at breakfast and lunchtime but reduce your teatime and bedtime doses by half. Do not eat solid food but clear sugary drinks may be taken e.g. Lucozade. **It is recommended you check blood glucose levels at least four times a day.**

**Day of Procedure**

Please follow bowel preparation instructions. You can have a clear sugary drink at breakfast and half your dose of insulin, and a clear sugary drink at lunchtime but no insulin. Clear fluids may be taken until two hours before your appointment time shown on your letter. Your blood glucose levels will be checked before your procedure. Your normal diet may commence on discharge. Reduce your teatime and bedtime insulin by half.