

Endoscopy Services Leeds Teaching Hospitals Trust

Advice for DIABETIC patients who are having a GASTROSCOPY AND COLONOSCOPY (MULTIPLE PROCEDURE)

If you have any concerns about following these instructions you should see your Diabetes Nurse Specialist.

You have been sent an instruction leaflet on how to take the bowel prep. Follow the instructions in the leaflet, not the ones enclosed in the box of prep. You need to keep drinking plenty of clear fluids as per the prep instructions, and these should be full sugar versions (i.e. not diet or diabetic drinks) whilst you are not eating solid food.

Your appointment should have been made for early morning (8am or 8.30am).

If you take INSULIN

The day before your procedure

- Take your insulin with your breakfast as normal
- Any further insulin that day should be **half your normal dose**, as you will not be eating any solid food from after breakfast
- Once you have stopped eating solid food keep drinking full sugar drinks
- Check your blood sugar 4 times during the day. If it drops below your normal range drink more sugary drinks. If it goes above your normal range cut out the sweet drinks and switch to water.

The day of your procedure

- Do not take any insulin until after your procedure
- Check that your blood sugar is within normal range before setting off for the hospital
- Bring your insulin and a sandwich with you for after your procedure

If your diabetes is controlled by TABLETS ONLY

The day before your procedure

- Take your diabetes tablets as normal
- Once you have stopped eating solid food keep drinking full sugar drinks
- Check your blood sugar 4 times during the day if you have a testing kit. If it drops below your normal range drink more sugary drinks. If it goes above your normal range, cut out the sweet drinks and switch to water

The day of your procedure

- Do not take your diabetes tablets
 - Check your blood sugar before setting off for the hospital if you have a testing kit
 - Bring your diabetes tablets and a sandwich with you for after the procedure.
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