

Endoscopy Services Leeds Teaching Hospitals NHS Trust

Advice for **DIABETIC** patients who are having a **COLONOSCOPY**

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 laxative 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.

If you take INSULIN

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

The day before your colonoscopy

- Have your insulin with your breakfast as normal
- Any further insulin that day should be **half your normal dose**, as you will not be eating solid food from after breakfast
- 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 colonoscopy

- Do not take any insulin until after your colonoscopy
- Keep drinking until 2 hours before your colonoscopy
- Check that your blood sugar is within normal range before setting off to the hospital
- Bring your insulin and a sandwich with you for after the colonoscopy

If your diabetes is controlled by TABLETS ONLY

Your appointment should have been made for either morning (before 9.30) or early afternoon (before 1.15)

The day before your colonoscopy

- 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 colonoscopy

- Do not take any diabetes tablets until after your colonoscopy
 - Keep drinking until 2 hours before your colonoscopy
 - Check that your blood sugar is within normal range before setting off to the hospital
 - Bring your diabetes tablets and a sandwich with you for after the colonoscopy.
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