

# Guidelines for patients with Diabetes undergoing a Colonoscopy

## 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.

### 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.

### Day before the procedure

You may eat up until the time stated 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.

### Day of procedure - afternoon appointment

Please follow bowel preparation instructions. Have a clear sugary drink at breakfast and lunchtime. 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 after your procedure.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



# Guidelines for patients with Diabetes undergoing a Colonoscopy - Tablet controlled

## Morning 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

The low residue diet should be started two days before your appointment.

## Day before the procedure

You may have breakfast at 9.00am and reduce your diabetes tablets by half. Half your usual dose of medication by breaking the tablet if it has an obvious line down the middle (a scored tablet). If your usual tablets are not scored then do not take this medication. Contact the diabetes nurse if you have any questions or concerns. 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. Do not take your lunchtime, teatime or bedtime dose of diabetes tablets. **It is recommended you check blood glucose levels at least four times a day.**

## Day of procedure

Do not take your breakfast diabetes tablets but you may have a sugary drink. Clear fluids may be taken up until two hours before your appointment. Ensure you take your diabetes tablets with you to your appointment.

Following your procedure, and when you are advised you can eat and drink, take your lunchtime diabetes tablets but reduce this dose by half (take with meal). Take your teatime dose of diabetes tablets as normal.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



# Guidelines for patients with Diabetes undergoing a Colonoscopy - Tablet controlled

## 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, a diet sheet will be provided. Your dose of diabetes tablets should be reduced by half while on a low residue diet. Half your usual dose of medication by breaking the tablet if it has an obvious line down the middle (a scored tablet). If your usual tablets are not scored then do not take this medication. Contact the diabetes nurse if you have any questions or concerns.

### Day before the procedure

Take half your tablets at breakfast and half again at lunchtime. You may eat up until 1.00pm then follow bowel preparation instructions. Do not take your teatime tablets. It is recommended you check blood glucose levels at least four times a day. If on Metformin there is no need to check. Metformin can make symptoms of diarrhoea worse, you may wish to stop taking it during bowel preparation.

### Day of procedure

Do not take your breakfast or lunchtime tablets. You can have a clear sugary drink e.g. Lucozade and clear fluids until two hours before your appointment time. Please bring your tablets with you to the unit.

Following your procedure, and when you are advised you can eat and drink, take your teatime dose of tablets but reduce by half (take with food). The day after your procedure take your tablets as normal.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



# Guidelines for patients with Diabetes Undergoing a Colonoscopy - Tablets + Basal (intermediate/long acting) insulin

## Morning Appointment

### Two days before taking the bowel preparation

A low residue diet should be started 2 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 sugary drinks at mealtimes with your preparation instead of food

### Please follow bowel preparation instructions

It is recommended that you check 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.

Contact Diabetes Specialist Nurses via **DRI switchboard on: 01302 366666**



# Guidelines for patients with Diabetes Undergoing a Colonoscopy

## Tablets + Basal (Intermediate/long acting) Insulin

### 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 diabetic tablets/insulin should be reduced by half while on a low residue diet. Half your usual dose of medication by breaking the tablet if it has an obvious line down the middle (a scored tablet). If your usual tablets are not scored then do not take this medication. Contact the diabetes nurse if you have any questions or concerns.

### Day before the procedure

You may eat up until 1.00pm then follow bowel preparation instructions. Take your tablets at breakfast but reduce the dose by half. Reduce your insulin dose by half. **It is recommended you check blood glucose levels at least four times a day.**

### Day of procedure

Please follow bowel preparation instructions. Do not take your breakfast or lunchtime tablets or insulin. You can have clear sugary drinks e.g. lucozade and clear fluids until two hours before your appointment time shown on your letter. Ensure you take your tablets and insulin and device with you to the unit for your appointment. Your normal diet may commence on discharge.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



# Guidelines for patients with Diabetes Undergoing a Colonoscopy

## Insulin (2,3,4 or more daily injections)

### Morning 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 have breakfast at 9.00am with your half dose of insulin, then follow bowel preparation instructions. Do not eat solid food but clear sugary drinks may be taken e.g. lucozade. Lunchtime, teatime and bedtime doses must be reduced by half. **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 and clear fluids may be taken until two hours before your appointment time shown on your letter. Do not take any insulin but take it with you to your appointment. Your blood glucose levels will be checked before your procedure.

Your normal diet may commence on discharge.

Reduce your lunchtime and teatime doses by half and monitor blood glucose more often.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



# 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, e.g. Lucozade, may be taken. **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 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.

Contact Diabetes Specialist Nurses **via DRI switchboard on: 01302 366666**



## Contact Details

If you are unable to keep your appointment or if you have any questions, please ask a member of staff on the day or telephone the department.

**Doncaster Royal Infirmary: Tel. 01302 381424 (Endoscopy)**

**Tel. 01302 381424 (Chest Clinic)**

**Bassetlaw Hospital: Tel. 01909 500990 Ext. 2017**

**Montagu Hospital: Tel. 01709 321154**

Alternatively, contact your General Practitioner. If you need urgent advice out of hours, please contact Accident & Emergency on the telephone numbers below:

**Doncaster Royal Infirmary: Tel. 01302 366666 Ext. 3131**

**Bassetlaw Hospital: Tel. 01909 5002048/5002148**

## Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

### The contact details are:

**Telephone:** 01302 553140 or 0800 028 8059

**Email:** [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk).