

Colonoscopy: Type 1 & 2 diabetes insulin treated/insulin and tablet treated

Your doctor has recommended that you have a colonoscopy to investigate your medical condition. In order for the procedure to be carried out, please follow the instructions below concerning your diabetic medication. The instructions are provided to take into account the fasting periods required for the colonoscopy. These instructions should be read alongside The Royal Marsden leaflet *Bowel preparation for colonoscopy*.

Two days before colonoscopy:

Continue to take your insulin **as normal**, following the instructions provided in the leaflet *Bowel preparation for colonoscopy*.

One day before colonoscopy:

1. **7am**: Have a **good breakfast** of foods taken from yesterday's permitted list. After this **do not** eat any solid food until after your examination but drink plenty of clear fluids. **Some of these fluids may need to be sugary to avoid hypoglycaemia**. If your blood glucose drops below 4 mmol/l, treat with a sugary drink such as lucozade or apple juice, until your blood glucose returns to above 5 mmol/l.
2. Take **half** your usual dose of insulin today.
3. Take bowel cleansing medication as advised in the bowel preparation leaflet.

Morning of colonoscopy:

1. If taking **once daily insulin** then take as normal. **Do not** take any other insulin.
2. **Stop drinking** clear fluids **three hours before** your appointment.
3. Bring your insulin with you to the hospital.
4. Following colonoscopy:

Twice daily insulin – take **half** your usual dose of insulin with lunch, then continue with your usual routine

Four times daily insulin - take your usual dose of insulin with lunch



5. Resume your usual diet and fluids.

Contact details

If you are unclear about any of the instructions, please contact the Endoscopy Suite.

Tel: 0207 811 8327 / 8328

