

Please note, the bowel prep instructions mention 'clear liquid' This means water, clear soup, or soup that has been strained and any solid matter removed, fruit juice without pulp/bits, fizzy or non fizzy drinks (but not red or purple coloured juice), black tea or coffee.

Please telephone the Endoscopy Unit on

01276 604858

should you have any questions relating to these instructions and require further advice on any matter relating to your examination.

Guidelines for


Insulin-Controlled Diabetic Patients taking
Oral Bowel Preparation for Colonoscopy

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please contact the Patient Advice & Liaison Office on

 01276 526706

If your appointment is during the **MORNING** then follow instructions below the day before your appointment:

Test your blood glucose level every 4 hours or more throughout the day. Write it down so that you can make comparisons.

At **8am**: If you have LONG ACTING INSULIN eg. Lantus or Levemir in the morning have your usual dose. If you have an INSULIN MIXTURE eg. Novomix 30, Humalog Mix 25, Human Mixtard or Humulin M3 twice a day have 75% of your usual morning dose of Insulin and have liquid containing carbohydrate for breakfast.

At **8am**: Follow the instructions for the bowel preparation (eg. PICOLAX) you have received.

If you are having clear liquid containing carbohydrate at lunch eg. fruit juice and you usually have FAST ACTING INSULIN e.g. Novorapid, Humalog or Apidra before lunch, have HALF the usual dose. If you are NOT having liquid containing sugar eg. diet drink or water then DO NOT have any FAST ACTING INSULIN.

At **2pm**: Follow the instructions on the bowel preparation you have received.

At **7pm**: If you have an INSULIN MIXTURE eg. Novomix 30, Humalog Mix 25, Human Mixtard or Humulin M3 twice a day have 75% of your usual evening dose of Insulin with a liquid containing carbohydrate.

If you are having clear liquid containing carbohydrate at evening mealtime & you usually have FAST ACTING INSULIN have HALF the usual dose. If you are NOT having liquid containing sugar, then DON'T have any FAST ACTING INSULIN. Continue to monitor your blood glucose level at least every four hours, or more often if required. Please make a record of your readings.

BEDTIME: If you have LONG ACTING INSULIN at night, have 75% of your usual dose.

If at any time, your blood glucose is less than 4mmol/l have 60mls of lucozade or 3 dextrose tablets. If your sugar level is less than 3mmol/l drink 120mls of lucozade or have 6 dextrose sweets. Recheck your blood glucose in 10 minutes and if the level is not above 4 mmol/l repeat these steps

On the day of your appointment for Colonoscopy / capsule

Before you come to the hospital if you have LONG ACTING INSULIN in the morning have 75% of your usual dose. You may continue to drink clear fluids but DO NOT EAT and DO NOT have any FAST ACTING INSULIN.

Please bring your Insulin with you to the hospital so you can start it after your procedure. A drink and sandwich will be provided for you. Glucose tablets are useful to carry in case you feel hypoglycaemic (low blood sugar)

If your appointment is during the **AFTERNOON** then follow instructions below the day before your appointment:

Test your blood glucose level every 4 hours or more throughout the day. Write it down so that you can make comparisons.

At **8am**: have your usual breakfast and morning dose of Insulin.

Lunchtime, if you have your usual lunch and normally have FAST ACTING INSULIN eg. Novorapid, Humalog or Apidra have your normal dose.

At **2pm**: follow the instruction for the bowel preparation (eg. PICOLAX) you have received.

At **7pm**: If you have an INSULIN MIXTURE e.g. Novomix 30, Humalog mix 25, Human Mixtard or Humulin M3 twice a day have 75% of your usual evening dose of Insulin with a liquid containing carbohydrate e.g. fruit juice.

If you are having clear liquid containing carbohydrate e.g. fruit juice for evening meal and you usually have FAST ACTING INSULIN before evening meal, have HALF the usual dose. If you are NOT having liquid containing carbohydrate e.g. diet fizzy drink, water then DO NOT have any FAST ACTING INSULIN.

BEDTIME: If you have LONG ACTING INSULIN at night, have 75% of your usual dose.

If at any time, your blood glucose is less than 4mmol/l have 60mls of lucozade or 3 dextrose tablets. If your sugar level is less than 3mmol/l drink 120mls of lucozade or have 6 dextrose sweets. Recheck your blood glucose in 10 minutes and if the level is not above 4 mmol/l repeat these steps

On the day of your appointment for Colonoscopy / capsule

If you have LONG ACTING INSULIN in the morning have 75% of your usual dose.

If you have an INSULIN MIXTURE e.g. Novomix 30, Humalog mix 25, Human Mixtard or Humulin M3 twice a day have 75% of your usual morning dose of Insulin with a liquid containing carbohydrate.

If you are having clear liquid containing carbohydrate at breakfast and you usually have FAST ACTING INSULIN before breakfast have HALF your usual dose. If you are NOT having liquid containing carbohydrate, then DO NOT have any FAST ACTING INSULIN

At **8am**: follow the instruction on the bowel preparation you have received.

LUNCHTIME: If you normally have FAST ACTING INSULIN at lunchtime, MISS THIS DOSE but continue to drink clear fluids not containing carbohydrate e.g. water as required.

Please bring your Insulin with you to the hospital so that you can restart it at an appropriate time. A sandwich and drink will be provided for you. Glucose tablets are useful to carry in case you feel hypoglycaemic (low blood sugar)