

## ADVICE FOR PEOPLE WITH DIABETES UNDERGOING COLONOSCOPY

### *If You Take Insulin*

Do **not** stop taking your insulin, but the dose will need to be reduced because you will be eating less than usual.

*If you inject a long-acting insulin at bedtime:* Reduce this dose of insulin by **HALF** two nights before, and the night before, your colonoscopy.

*If you inject twice a day:* Reduce both your doses of insulin by **HALF** the day before, and on the morning, of your colonoscopy.

*If you are injecting four times a day:* Reduce all your doses of insulin by **HALF** the day before, and on the morning, of your colonoscopy.

It is advisable to monitor your blood glucose levels regularly throughout the day and before bedtime. If you are low, have a sweet drink such as Lucozade or non-diet fizzy drinks. Sip throughout the day if needed or have a small glassful as an alternative to your usual meal. Remember that too many sugary drinks may also cause your sugar levels to go too high. If your blood glucose levels are normal or too high, then drink plain fluids such as black tea, black coffee, or water.

Your usual insulin and diet can be resumed when the examination has been completed and you feel ready to eat after the sedation.

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## *If You Take Diabetic Tablets*

Stop your tablets the day before, and the morning of your colonoscopy.

You may restart these with your normal diet, after the examination has been completed.

## *If You Take A Combination Of Insulin and Tablets*

If you usually take both insulin and tablets, stop both in the same way as explained above.

Your usual insulin and tablets may be resumed after completion of your colonoscopy.

**If you have any queries regarding this information or worries related to your diabetes whilst undergoing this examination, please contact the Diabetes Nurse Specialists in the Diabetes Centre at Queen Alexandra Hospital on 023 9228 6260 and they will be happy to help you.**