

# Guidelines for people with diabetes undergoing bowel preparation for Colonoscopy Flexible Sigmoidoscopy

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## Endoscopy Department [Patient information](#)

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### Instructions for taking Tablets

Do not take diabetes tablets while not eating food and until after the investigations have been completed.

### Instructions for clear fluid intake when indicated as part of your bowel preparation

The following sugar-free clear fluids can be taken freely throughout the day:

Black coffee

Black tea

Consomme soup

Oxo or Bovril

Slimline tonic water

Soda water

Sugar free jelly

Sugar free lemonade, cola or other diet/sugar free soft drink

**If you are in any doubt about what to do with your tablets, please contact:**

**Royal Bournemouth Hospital Diabetes Nurse Specialist on: 0300 019 4888**

**Poole Hospital Diabetes Nurse Specialist on: 0300 019 2355**

### Instructions for taking Insulin

If you take a long acting insulin (Lantus or Levemir) you can continue with this at the usual dose or reduce it slightly - please contact a diabetes nurse in the diabetes centre for advice. If you take short or rapid acting insulin at meal-times this should be stopped during the period of bowel preparation as you are not eating any food.

If you take a mixed insulin please contact a diabetes nurse in the diabetes centre for advice. Drink plenty of fluids and ensure that you have some fluids from the table below that contain sugar to maintain your blood glucose levels.

**Test your blood glucose level every couple of hours through the day or if you feel unwell.**

Carbohydrate (sugar) containing fluid	Serving size (mls)	Serving size in tablespoons
Lucozade or similar glucose drink	55	3.5
Fruit juice	120	8
Ordinary cola drink, or other such as Fanta, Sprite, Oasis (not diet)	100	6.5
Ordinary lemonade or other such as Lilt (not diet)	200	13
Ordinary fruit squash (undiluted)	35	2

**If you are in any doubt about what to do with your insulin, please contact:  
Royal Bournemouth Hospital Diabetes Nurse Specialist on: 0300 019 4888  
Poole Hospital Diabetes Nurse Specialist on: 0300 019 2355**

## Hypoglycaemia

Should you experience hypoglycaemia (blood sugar below 4 mmol/l) you will need to take an extra serving of sugar containing fluid (see table above) to correct the low blood sugar reading.

Test your blood glucose again 10 - 15 minutes later and if it isn't above 4 mmol/l have more carbohydrate-containing fluids.

**If you have any further queries about dietary management of diabetes please contact the Diabetes Specialist Dietitians on: 0300 019 4929**

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