

Type 1, Insulin-dependant Diabetics having Colonoscopy

- ◆ Follow the instructions given to you by your Diabetes Educator – generally this will mean withholding or altering the dose of all medium and long acting insulin on the day prior to examination when clear fluid diet begins. It is preferable to treat a high blood sugar level (BSL) than a low reading. Short acting insulin may still be required to control the BSL levels.
- ◆ BSL's should be monitored very regularly (i.e. 2-4 hourly) whilst on clear liquid diet.
- ◆ Please make contact with a Diabetes Educator or GP or your specialist if BSL's are below 4 or above 15 and unable to be adequately maintained.
- ◆ Clear fluids suggested in bowel preparation may be higher in sugar than you would normally have – therefore it is suggested small amounts of diabetic fluid regularly rather than large amounts at any one time may be better metabolized.
- ◆ Withhold all insulin day of examination and continue with clear fluids until the time specified.
- ◆ Check your BSL as soon as you wake as it may have dropped substantially overnight.
- ◆ **Take diabetes medication into the Hospital** and inform the recovery nurses that you have them with you for after your procedure if required.
- ◆ On admission to the Hospital you will be monitored and given IV (intravenous injection) of fluid electrolyte and/or dextrose/insulin infusion at the time of, or prior to your examination.

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