

Type 2 Diabetes – on oral hypoglycaemic medication

Colonoscopy instructions

- ◆ Withhold diabetes tablets 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.
- ◆ BSL’s should be monitored regularly, i.e. 4 hourly whilst on clear liquid diet.
- ◆ You should be encouraged to make contact with a Diabetes Educator or GP or Practice Nurse if BSL’s are below 4 or above 15 or unable to be adequately maintained in the normal range.
- ◆ Be aware that clear fluids suggested in the bowel preparation may be higher in sugar than you would normally have – therefore we suggest small amounts regularly rather than large amounts at any one time, and choosing sugar-free alternatives where possible.
- ◆ Withhold diabetes tablets on day of the examination. Continue drinking clear fluids until one hour before your procedure (or as advised).
- ◆ **Remember to take diabetes medication into the Hospital with you** and inform the recovery nurses that you have them with you for after your procedure if required.
- ◆ Please phone the Practice Nurse at The Endoscopy Clinic if you have any concerns, on 961-6666, or phone the Day Hospital or Centre where your procedure is to be done.

Last reviewed Feb 2015