

COLONOSCOPY/BARIUM ENEMA

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Division : General Medicine Service Delivery Unit
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MORNING APPOINTMENT

: **Guidelines for patients with type 1 and type 2 diabetes, treated with insulin or oral hypoglycaemic medication, prior to attendance for upper and lower GI investigative procedures.**

1. Patients should maintain normal regimen for taking their medication.
2. Patients should replace meals with 'fortijuce' food supplement drinks, **which should be prescribed by the consultant requesting this procedure.** These supplement drinks may be used whilst normal dietary intake is disrupted according to investigation needs and preparation.
1 x 200ml of Fortijuce is equivalent to 1 x a large meal
3. Patient should be encouraged to self blood glucose monitor 2 hourly, in order to be able to control normal blood glucose levels. Should episodes of hypoglycaemia occur, patient should be encouraged to take extra 'fortijuce' supplements for carbohydrate loading. Patients should also be given information re: the signs, symptoms and treatments of Hypoglycaemia.
4. Once investigation completed, patient should be encouraged to eat and drink as normal.

Please note: if during this procedure, the patient's blood glucose levels should fall, the medical / nursing staff may have to insert a venflon and administer intravenous dextrose to maintain glucose levels.

Should further advice be needed please contact the department in which the investigation is to take place.