

GASTROENTEROLOGY UNIT
LOW RESIDUE FLUID DIET IN BOWEL PREPARATION
FOR COLONOSCOPY

INFORMATION FOR PEOPLE WITH DIABETES

Before having a colonoscopy you must not eat solid food for 24 hours. Instead you must follow a low residue fluid diet.

This diet will reduce the amount of waste passing into your bowels before the examination.

The diet is made up of special drinks.
This is a complete diet in liquid form.
The special drinks should be sipped slowly one at each meal-time

Other food and drinks allowed freely are:-
Water, mineral water, ice, sugar free fizzy drinks, sugar free fruit squash, tea, coffee, clear soup, sugar free plain jelly.

If you feel dizzy, sweaty or irritable (hypo) take:-

2 – 3 teaspoons sugar
or
6 glucose tablets
or
1 glass lucozade

You should feel better almost immediately, if not repeat the above treatment. If symptoms persist contact your doctor.

HOW TO TAKE YOUR BOWEL PREPARATION

If you are taking IRON TABLETS you must stop one week before starting your bowel preparation.

At **7pm on**..... take the senna tablets and then take fluids only from 11pm

At **8am on** (day before examination) dissolve **first** sachet of the PICOLAX in a glass and mix with 4 dessertspoons of water.

The solution may get warm, if it does wait 5 minutes and add more cold water to make up to ¼ pint.

Stir well.

Drink it all. This is a laxative to clear the bowel, please drink plenty of extra fluids – at LEAST 6 PINTS DURING THE DAY.

At **4pm** dissolve the **second** sachet of Picolax the same way and drink it all.

Replace your meals with special drinks. These will need to be collected from the GASTROENTEROLOGY UNIT. If you have a problem collecting the drinks please contact the Unit on 2720.

Breakfast

Mid-morning

Lunch

Mid-afternoon

Evening meal

Supper

TAKE ONE ENSURE DRINK

EACH MEAL TIME

DRINK PLENTY INBETWEEN

AS INDICATED ABOVE.

ON THE DAY OF YOUR COLONOSCOPY APPOINTMENT DO NOT TAKE YOUR DIABETIC TABLETS OR INSULIN. BRING IT WITH YOU

If you have any problems please contact 0151 706 2720 for help.

MEH 05/02 and Dieticians