

Glycoprep for Diabetic on Insulin (PM)

Any problems following these instructions please call _____

Day Before Colonoscopy – Date / /

| | | | | | | | | | |
|------------------------|--|------------------------|--|------------------|--|----------|--|--|--|
| 6-8am | Take your medication and Insulin with LIGHT breakfast <input type="checkbox"/> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 50%; padding: 2px;">Insulin - Basal/Mixed:</td> <td style="width: 50%;"></td> </tr> <tr> <td style="padding: 2px;">Insulin – Bolus:</td> <td></td> </tr> <tr> <td style="padding: 2px;">Tablets:</td> <td></td> </tr> <tr> <td style="padding: 2px;"> </td> <td></td> </tr> </table> | Insulin - Basal/Mixed: | | Insulin – Bolus: | | Tablets: | | | |
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| Insulin – Bolus: | | | | | | | | | |
| Tablets: | | | | | | | | | |
| | | | | | | | | | |
| 10am | Drink 2 glasses of approved CLEAR FLUIDS - see page 2 Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> | | | | | | | | |
| 12-1pm | Check your Blood Sugar Level (BSL) – If >10 or <4 see page 2 BSL = <input type="text"/> Take 3 BISACODYL tablets Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> | | | | | | | | |
| 4-5pm | Take GLYCOPREP: Mix sachet in 1 Litre water and drink over an hour <input type="checkbox"/> | | | | | | | | |
| 6-7pm | Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 BSL = <input type="text"/> Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> Take your medication and Insulin <input type="checkbox"/> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 50%; padding: 2px;">Insulin - Basal/Mixed:</td> <td style="width: 50%;"></td> </tr> <tr> <td style="padding: 2px;">Tablets:</td> <td></td> </tr> <tr> <td style="padding: 2px;"> </td> <td></td> </tr> </table> | Insulin - Basal/Mixed: | | Tablets: | | | | | |
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| | | | | | | | | | |
| 10pm - midnight | BSL = <input type="text"/> | | | | | | | | |

Day of Colonoscopy – Date / /

| | | | | | | | |
|------------------------|--|------------------------|--|----------|--|--|--|
| | Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 BSL = <input type="text"/> Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> <input type="checkbox"/> | | | | | | |
| 6am | Take GLYCOPREP: Mix sachet in 1 litre of water and drink over an hour <input type="checkbox"/> Take your medication and Insulin <input type="checkbox"/> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="width: 50%; padding: 2px;">Insulin - Basal/Mixed:</td> <td style="width: 50%;"></td> </tr> <tr> <td style="padding: 2px;">Tablets:</td> <td></td> </tr> <tr> <td style="padding: 2px;"> </td> <td></td> </tr> </table> | Insulin - Basal/Mixed: | | Tablets: | | | |
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| | | | | | | | |
| 8-11am | Check your BSL at 10-11am BSL = <input type="text"/> Drink 2 glasses of approved CLEAR FLUIDS | | | | | | |

CLEAR FLUIDS

Each time you drink 2 cups, one should contain some sugar to give you energy. Even diabetics need some sugar.

| FLUIDS WITH SUGAR | SUGAR-FREE FLUIDS |
|-----------------------------------|-------------------------|
| Clear fruit juice | Soup – clear broth ONLY |
| Jelly (not on day of colonoscopy) | Black tea and coffee |
| Soft drinks | Water |
| Cordial | Diet soft drinks |
| Sports drinks | |

WHAT TO DRINK TO KEEP A NORMAL BSL

If your **BSL <4**: Drink 2 cups of fluid with sugar

If your **BSL >10**: Drink 2 sugar-free drinks this time

- Purchase 2 sachets of Glycoprep and Bisacodyl tablets from the chemist