

# Picoprep for Diabetic on Insulin (AM)

Any problems following these instructions please call \_\_\_\_\_

## Day Before Colonoscopy – Date / /

6-8am	Take your medication and Insulin with LIGHT breakfast <span style="float: right;"><input type="checkbox"/></span> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="padding: 2px;">Insulin - Basal/Mixed:</td> <td style="width: 100px;"></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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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 <b>BSL</b> = <input type="text"/> Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/>								
2-3pm	Take PICOPREP: Mix sachet in a glass of water and drink <span style="float: right;"><input type="checkbox"/></span> Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 <b>BSL</b> = <input type="text"/>								
4-5pm	Take PICOPREP: Mix sachet in a glass of water and drink <span style="float: right;"><input type="checkbox"/></span> Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/>								
6-7pm	Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 <b>BSL</b> = <input type="text"/> Take PICOPREP: Mix sachet in a glass of water and drink <span style="float: right;"><input type="checkbox"/></span> Drink 2 glasses of approved CLEAR FLUIDS Sugar <input type="checkbox"/> Sugar free <input type="checkbox"/> Take your medication and Insulin <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="padding: 2px;">Insulin - Basal/Mixed:</td> <td style="width: 100px;"></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	<b>BSL</b> = <input type="text"/>								

## Day of Colonoscopy – Date / /

Check your Blood Sugar Level (BSL)    **BSL** =

If BSL <10 Drink 1 glass Sugar     If BSL > 10 Drink 1 cup Sugar free

Take your medication and Insulin

6am

Insulin - Basal/Mixed:	
Tablets:	

After 6am do not eat or drink

## 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 PICOPREP 3 from a chemist