

Picoprep 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

Insulin - Basal/Mixed:	
Insulin – Bolus:	
Tablets:	

10am

Drink 2 glasses of approved CLEAR FLUIDS - see page 2

Sugar Sugar free

12-1pm

Check your Blood Sugar Level (BSL) – If >10 or <4 see page 2 **BSL** =

Drink 2 glasses of approved CLEAR FLUIDS

Sugar Sugar free

3-4pm

Take PICOPREP: Mix sachet in a glass of water and drink

Drink 2 glasses of approved CLEAR FLUIDS

Sugar Sugar free

5-6pm

Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 **BSL** =

Take PICOPREP: Mix sachet in a glass of water and drink

Drink 2 glasses of approved CLEAR FLUIDS

Sugar Sugar free

8-9pm

Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2 **BSL** =

Drink 2 glasses of approved CLEAR FLUIDS

Sugar Sugar free

Take your medication and Insulin

Insulin - Basal/Mixed:	
Tablets:	

10pm - midnight

BSL =

Day of Colonoscopy – Date / /

6am

Check your Blood Sugar Level (BSL) – If >10 or <4 see p.2

BSL =

Drink 2 glasses of approved CLEAR FLUIDS

Sugar

Sugar free

Take PICOPREP: Mix sachet in a glass of water and drink

Take your medication and Insulin

Insulin - Basal/Mixed:	
Tablets:	

8-11am

Drink clear fluids until 2 hours before your hospital admission

Check your BSL at 10-11am **BSL** =

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