How to Prepare for your Colonoscopy using Bowel Preparation Type 2 Oral Medication Diabetes Management

YOUR QUESTIONS ANSWERED
If you need this information interpreted into your language, please inform one of the health care staff.

अपनी यदि आपनार भाषावें एहू डॉक्युमेंटची अनुवाद पॅटॅच चान तयार करें तो हेल्थ कोर्स केरफिन (व्याहंत्रश्रेणी देखभाल आर्थिक कर्मचारी) एकाच्या महत्त्वाच्याकडे तयार करें.

यदि आप इस जानकारी का अपनी भाषा में अनुवाद कराना चाहते हैं तो कृपया हेल्थ केंद्र स्टाफ (स्वास्थ्य देखभाल कर्मचारियों) में से किसी से संपर्क करें।

如需将此等资料翻译成你使用的语言，请通知健康护理人员。

आपका काम मुलमत त्रांजु या नाम बनी चार्ट रंग देखभाल सारणी में जिसे विश्व बैंक वेबसाइट (मित्रता रंग देखभाल सारणी) जिसे विश्व बैंक जोल बने।
Introduction

Your Doctor has recommended that you have a colonoscopy to examine your colon (large bowel). This is carried out using a long flexible tube with a light on the end, please see the leaflet called “Patient Information on Colonoscopy - Your questions answered”.

This leaflet will explain how to prepare for your colonoscopy examination using two types of laxatives, which come in the form of 2 sachets of powder and 6 tablets. These will work together to clean your bowel. You must also follow the special low fiber diet set out in this leaflet.

This diet also involves taking supplement drinks. These are a complete diet in liquid form in order to allow you to continue with your diabetic treatment and maintain blood glucose control. These supplement drinks will be supplied at your pre-assessment appointment.

Please remember to choose the correct instructions depending on the time of your appointment – morning (before 12 noon), afternoon(1pm until 5pm) or evening (after 5pm).

The endoscopy nurse should have explained the bowel preparation process and procedure at your pre-assessment appointment, but if you have further questions after reading this leaflet, please do not hesitate to telephone the endoscopy department on the number at the end of this leaflet. A clerk will take your message and a qualified nurse will contact you.

What is the bowel preparation?

The two sachets contain a sugar free powder (Picolax) which is a strong laxative, used to clear your bowel. The powder should be dissolved in cold water, in a heat resistant mug. When the powder dissolves, it will fizz and sometimes may become hot. Allow it to cool before drinking.

The tablets (Senna) are also laxatives which can take between 8 -12 hours to work.

What can I expect?

The bowel preparation can begin to work within 3 hours of taking it but, as everyone is different, it may take longer to work. You will open your bowels frequently and eventually your motions should change from soft to loose and then to watery. Even if the motions are not totally clear of formed motion we will try to proceed with the test. However if the bowel preparation has not worked after the second sachet, please telephone the endoscopy department for advice.

Stay close to a toilet all day as you will use it regularly.

You may experience some abdominal cramps, this is normal. The skin around your bottom can become red and sore due to frequent diarrhoea. A barrier cream such as Vaseline or
nappy rash preparations can protect the skin. The soreness is temporary and will disappear in a few days.

Are there any side effects from taking the bowel preparation?

You may experience headaches, nausea and sometimes vomiting. Abdominal bloating can occur and, less frequently, abdominal cramps. You are allowed to take paracetamol, do not exceed recommended stated dose. Most side effects are due to dehydration and can be avoided by drinking adequate amounts of fluid.

When do I start to prepare for my colonoscopy?

7 days before your appointment

- Stop taking iron tablets/liquid - iron makes everything inside your bowel black, making it difficult for the doctor/nurse examining your bowel to see everything.

4 days before your appointment

- Stop taking any medications that may cause you to become constipated for example Lomotil, Loperamide, or Codeine Phosphate.
- Continue to take all other usual medications unless advised otherwise by a health professional.

2 days before your appointment

- Stop taking Fybogel or any other fibre products – the fibre contents of these products will work against the special diet that you are about to start.
- Start your special diet at breakfast – eat freely from the foods in the diet list below unless you are allergic to, or have been advised to, avoid certain foods.
**Diet List**

Do not eat any foods or have any drinks that are not on this diet list.

**Do not have milk in any form.** Foods you can eat:

- **Meat:** lean meat for example chicken, turkey, beef, ham and rabbit.
- **Fish:** white fish only (do not fry).
- **Eggs:** boiled, poached or scrambled only – no milk to be used.
- **Vegetables:** no vegetables other than potatoes, boiled or mashed only – no milk to be used.
- **Cereals:** white rice and pasta, boiled only – no wholemeal varieties.
- **Bread:** white bread and white bread rolls only – no wholemeal or brown bread.
- **Fats:** a daily allowance of 25g (1oz) butter or margarine.
- **Other:** sugar free plain jelly, artificial sweeteners and salt.

**Clear Fluids:** black tea or coffee, sugar free fruit squash (not real fruit juice), Marmite, oxo, Bovril, soda water, flavoured water, sugar free fizzy drinks, Herbal/fruit teas.

**You must drink at least 1 glass of fluid from the list every hour (during day time hours) throughout the 3 day diet preparation period.**

If you follow this diet your bowel will be empty and clean for your colonoscopy examination.
For a morning appointment.: 1 day before your appointment.

If you monitor your blood glucose levels increase frequency during preparation time to check for hypoglycaemia/ hyperglycaemia episodes.

- **At 8 am** take all 6 Senna tablets with a drink of water.
- Have a good breakfast of foods taken from yesterday’s diet list. (This will be your last meal until after your examination). **Take your diabetic medication if usually taken at this time.**
- Drink at least 1 glass of clear fluids every hour from the diet list.
- **At 12 Midday** (lunch time) take your diabetic medication, if usually taken at this time and have a supplement drink.
- **At 12 Midday** dissolve the contents of one of the sachets of bowel preparation in 200mls (8 fluid ozs) of cold water. Stir for 2 minutes and leave to stand for 30 minutes (the mixture may become hot and needs to cool). Once cooled, drink the solution.
- **Take clear fluids regularly** – drink at least one glass of clear fluids every hour throughout the day up until bedtime. **No alcohol.**
- At **5pm** (evening meal) take your diabetic medication, if usually taken at this time and have a supplement drink.
- At **7pm** on the day before your examination dissolve the second sachet of Bowel preparation as described above and drink the solution once cooled.

At **Bedtime** take your diabetic medication, if usually taken at this time and have a supplement drink.

**What do I do on the morning of the colonoscopy?**

- **Omit your diabetic medication the morning of your procedure.**
- You are allowed to drink clear fluids only until 2 hours before your appointment time. You may receive a relaxant during your colonoscopy examination, it is therefore important that you stop drinking fluids 2 hours prior to your procedure.
- Attend the endoscopy department at your appointed time.
For an afternoon appointment: 1 day before your appointment.

If you monitor your blood glucose levels increase frequency during preparation time to check for hypoglycaemia/ hyperglycaemia episodes.

- Have a good breakfast of foods taken from yesterday’s diet list. Take your diabetic medication if usually taken at this time.
- At **12midday** you may have a light lunch from the diet list. (This will be your last meal until after your examination). Take your diabetic medication if usually taken at this time.
- Drink at least 1 glass of clear fluids every hour from the diet list.
- At **2 pm** take all 6 Senna tablets with a drink of water.
- At **5pm** dissolve the contents of one of the sachets of bowel preparation in 200mls (8 fluid ozs) of cold water. Stir for 2 minutes and leave to stand for 30 minutes (the mixture may become hot and needs to cool). Once cooled, drink the solution.
- **Take clear fluids regularly** – drink at least one glass of clear fluids every hour throughout the day up until bedtime. No alcohol.
- At **6pm** (evening meal) take your diabetic medication, if usually taken at this time and have a supplement drink.
- At **bedtime** take your diabetic medication, if usually taken at this time and have a supplement drink.

**What do I do on the morning of the colonoscopy?**

- At **7 am** on the day of your examination dissolve the second sachet of bowel preparation as described above and drink the solution once cooled.
- Take your morning diabetic medication, if normally taken at this time and have a supplement drink.
- **Omit your lunch time medication the day of your procedure.**
- You are allowed to drink clear fluids only until 2 hours before your appointment time. You may receive a relaxant during your colonoscopy examination, it is therefore important that you stop drinking fluids 2 hours prior to your procedure.
- Attend the endoscopy department at your appointed time.
For an evening appointment: 1 day before your appointment

If you monitor your blood glucose levels increase frequency during preparation time, to check for hypoglycaemia/ hyperglycaemia episodes.

- Have a good breakfast of foods taken from yesterday's diet list. Take your diabetic medication if usually taken at this time.

- Have a light lunch of foods taken from yesterday’s diet list. Take your diabetic medication if usually taken at this time.

- At 3pm take all 6 Senna tablets with a drink of water.

- At 5pm have a light meal from yesterday’s diet list (this will be your last meal until after your examination). Take your diabetic medication if usually taken at this time.

- Drink at least 1 glass of clear fluids every hour from the diet list.

- At 6 pm dissolve the contents of one sachet of the bowel preparation in 200mls (8 fluid ozs.) of cold water. Stir for 2 minutes and leave to stand for 30 minutes (the mixture may become hot and needs to cool). Once cooled, drink the solution.

- Take clear fluids regularly – drink at least one glass of clear fluids every hour throughout the day up until bedtime. No alcohol.

- At bedtime take your diabetic medication if usually taken at this time and have a supplement drink.

What do I do on the morning of the colonoscopy?

Take your morning diabetic medication if usually taken at this time and have a supplement drink.

- At 10 am on the day of your examination dissolve the second sachet of bowel preparation as described above and drink the solution once cooled.

- Take your lunch time diabetic medication if usually taken at this time and have a supplement drink.

- You are allowed to drink clear fluids only until 2 hours before your appointment time. You may receive a relaxant during your colonoscopy examination, it is therefore important that you stop drinking fluids 2 hours prior to your procedure.

- Attend the endoscopy department at your appointed time.
If you feel unwell!

If at any time you feel dizzy, sweaty or irritable take:

- 2 teaspoons of sugar dissolved in warm water
- 3-4 glucose tablets
- 50 ml of Lucozade

This should be followed up with a starchy snack within 20 minutes to prevent further hypoglycaemia. If you recover and feel your normal self, continue with the bowel preparation instructions.

If you monitor your blood glucose levels increase frequency during preparation time.

If symptoms do not improve almost immediately then seek medical advice.

Contact numbers
If you have any further questions, you should contact the following:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Queen Elizabeth Hospital (main switch)</td>
<td>0191 482 0000</td>
</tr>
<tr>
<td>Monday to Friday (8.30am – 5.00pm)</td>
<td></td>
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<tr>
<td>Endoscopy</td>
<td>0191 445 2586</td>
</tr>
<tr>
<td>Diabetic Specialist nurses</td>
<td>0191 445 5405</td>
</tr>
<tr>
<td>Out of Hours</td>
<td></td>
</tr>
<tr>
<td>Accident and Emergency</td>
<td>0191 445 2171</td>
</tr>
</tbody>
</table>
Endoscopy Department
Queen Elizabeth Hospital
Sheriff Hill
Gateshead
Tyne and Wear
NE9 6SX
Telephone: 0191 445 2586

Enter by the Outpatients Entrance and follow signposts for Endoscopy.

Please do not bring valuables or jewellery to the Unit with you as the Trust cannot accept responsibility for any loss of your personal belongings.
The Patient Advice and Liaison Service (PALS) can provide help, advice and support to patients, relatives or carers who have any questions or concerns regarding their health care. PALS are unable to give medical advice. You can contact PALS on free phone 0800 953 0667. Monday - Friday, 9.00am 5.00pm. An answer phone is available outside of these hours and calls will be returned the next working day.

Data Protection
Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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This leaflet can be made available in other languages and formats upon request