

## Diagnostic Imaging Department

# BARIUM ENEMA FOR PEOPLE WITH DIABETES

## LOW RESIDUE DIET FOR PEOPLE WITH DIABETES

### THE DAY BEFORE

- If you are on diet only, please follow advice on the leaflet.
- If you are on tablets for your diabetes, take your usual morning dose.
- If you are on insulin, take your usual morning dose.

### **Breakfast - (8.00am to 9.00am)**

#### **After the first dose of Picolax:**

- Boiled egg
- Normal amount of carbohydrate (but **not** high fibre) eg. 2 slices of white bread (or Cornflakes or Rice Krispies) with a small amount of honey, on this occasion.
- One cup of tea or coffee, with milk if wanted.

### **Mid-morning**

- 2 Rich Tea or Morning Coffee biscuits

## **Lunch – (12 noon to 1.30pm)**

- A small portion of grilled or poached (not fried) fish or chicken.
- White rice (usual amount)
- Plain yoghurt, clear jelly (sugar free)

NO POTATOES, VEGETABLES OR FRUIT.

A cup of tea or coffee without milk, but sweetened if you like. Drink plenty of water during the afternoon.

Take contents of second sachet about 2 hours after lunch and **not later than 4.00pm**

## **Supper Meal (1) - (7.00pm to 8.00pm)**

If you are on tablets, take your usual evening dose.

If you are on insulin, have  $\frac{3}{4}$  of your usual evening dose.

If you monitor your blood glucose at home, do a test before your evening “meal” and before you go to bed.

Clear soup or meat extract drinks may be taken but **NO SOLID FOOD**.

Therefore, instead of your usual amount of starchy carbohydrate, have:

Clear, sweet fluids

Eg. Lucozade	$\frac{1}{2}$ large glass
Lemonade	1 large glass
or ordinary, sugary jelly	large portion

## **Supper Meal (2) - (8.00pm to 9.00pm)**

Repeat clear, sweet fluids containing sugar; have same amount as earlier.

### **EARLY APPOINTMENT**

Providing the X-ray Department is aware that you are diabetic, you will be given an early appointment.

If you are given a late appointment, and you are on treatment for your diabetes, then please ring the X-ray Department and they will change it to an early one.

## **THE DAY OF YOUR APPOINTMENT**

### **DIABETES – DIET ONLY:**

Take clear fluids only until 2 hours before the appointment, then **NOTHING BY MOUTH.**

### **DIABETES AND TABLETS:**

**DO NOT TAKE** your tablets before the examination. Bring them and some breakfast to the hospital and have them straight after the examination.

### **DIABETES AND INSULIN:**

**DO NOT HAVE** your morning dose before the examination. Bring your insulin and some breakfast to the hospital and have them straight after the examination.

**PLEASE BRING A SMALL BOTTLE OF LUCOZADE  
WITH YOU IN CASE OF ANY DELAY IN X-RAY**

If you have any queries about diet/treatment  
in preparation for this examination please ring:

**Mary Foskett, Dietitian  
Direct Dial (01305) 255211  
Or (01305) 251150 and bleep 320**

**Fiona Gibson, Dietitian  
Direct Dial (01305) 255526  
Or (01305) 252250 and bleep 253**

**Jan Watson/Lynda Parker  
Diabetes Nurse Specialists  
Direct Dial (01305) 255342  
Or (01305) 251150 and bleep 308/366**