



# ADVISE FOR DIABETIC PATIENTS WHO ARE UNDERGOING COLONOSCOPY

Patient information Leaflet

July 2019

You are to undergo an examination of your large bowel. For this to be done properly the bowel needs to be prepared by adjusting your diet and taking a bowel preparation drug (strong laxative) the day before. You have been sent an instruction leaflet on how to take the laxative bowel prep. You need to keep drinking plenty of clear fluids as per the prep instructions, and these should be full sugar versions (i.e. not diet or diabetic drinks) whilst you are not eating solid food.

Your blood sugar levels may not be as well controlled as you are used to during your bowel preparation so do not worry. The main aim is to keep you free of hypo's (low blood sugar levels, less than 4 mmol/l). Your blood sugar levels should return to what you are used to a couple of days after the test. If you normally check your blood sugar levels you should continue to do so and will probably need to check them more often. We recommend you check them every four hours and anytime you feel your blood sugar is going low.

If you do experience symptoms of hypos (light head, sweating, shaking etc.) and blood glucose level falls below 4mmol/l you need to increase fluid carbohydrate intake. This can either be 100mls fizzy drink (**not** diet) or 35 mls squash (**not** no added sugar or blackcurrant) made up with water.

Diabetics who control their diabetes with tablets and/or insulin should have received a morning appointment. If you have an afternoon appointment please phone the endoscopy bookings team on 0161 922 4760 and they will make the necessary arrangements.

**From the time you are asked to fast:**

- ❖ If your diabetes is controlled by **diet only**: follow the instructions for the bowel preparation without any changes.
- ❖ If you are taking **diabetic tablets** do the following:

Day Prior to Preparation	Day of Preparation	Day of Investigation
Longer acting sulphonylureas e.g. Gliclazide MR / glibenclamide should be stopped	Stop all oral hypoglycaemic medications	Stop all oral hypoglycaemic medications Re start medication following the investigation when eating and drinking

- ❖ If your Diabetes is treated using a GLP Analogue Injections

Day Prior to Preparation	Day of Preparation	Day of Investigation
If GLP1 taken am or lunchtime take at usual time  If GLP1 taken at bedtime omit usual dose	Omit GLP1	Omit GLP1 Restart usual GLP analogue at the normal time when eating and drinking and any nausea / vomiting is controlled

❖ If your Diabetes is treated **with insulin with or without tablets**

Insulin	Day Prior to Preparation	Day of Preparation	Day of Investigation
<b>Once daily background evening dose</b>	Reduce the normal insulin dose by half	Reduce normal insulin dose by half	Restart usual insulin dose at the normal time following the investigation when eating and drinking
<b>Once daily background morning dose</b>	Take the normal dose of insulin at the normal time	Reduce normal insulin dose by half	<p><b>If the investigation is due to be completed within 2 hours</b> of the normal injection time delay the injection until after the investigation when eating and drinking</p> <p><b>If the investigation is not due to be completed within 2 hours</b> of the normal injection time then take half the normal dose of insulin when eating and drinking</p>
<b>Biphasic Mixed Insulin</b>	Take usual insulin at the usual time	Reduce normal AM and PM doses of insulin by half	<p>Reduce the normal AM insulin dose by half</p> <p>Restart normal pm insulin dose at the normal time following the investigation when eating and drinking</p>
<b>Basal Bolus</b> ( <i>pre meal rapid acting insulin plus background insulin</i> )	<p>Give pre meal rapid acting insulin as normal</p> <p><b>If the long acting insulin is usually taken am</b> take the normal insulin dose at the usual time</p> <p><b>If the long acting insulin is usually taken pm</b> reduce the normal dose by half</p>	<p>Reduce pre meal rapid acting insulin by half</p> <p>Reduce long acting insulin by half</p> <p>Reduce long acting insulin by half</p>	<p>No rapid acting insulin until after the investigation</p> <p>Restart rapid insulin following the investigation at the normal time when eating and drinking</p> <p><b>If the long acting insulin is usually taken am and the investigation is due to be completed within 2 hours</b> of the normal injection time delay the injection until after the investigation when eating and drinking</p> <p><b>If the long acting insulin is usually taken am and the investigation is not due to be completed within 2 hours of the normal injection time</b> take half the normal dose in insulin at the usual time</p>

			<b>If long acting insulin is usually taken pm</b> take the normal dose of insulin at the usual time following the investigation when eating and drinking
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If you have been admitted to hospital in the last month because of your diabetes, if your blood sugar levels are unstable or if you have any other concerns regarding these instructions please contact the diabetes nurses.

Please bring your diabetes tablets and/or insulin and monitoring equipment into the hospital with you.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی بھئی اہی تھہ پڑتے ہا بھتے نا پائے، تھہ انڈرھ کرے ا تھنک ہلپ ڈیمےر سائے ڈیسفونے یوگایوگ کرن 0161 331 5149/5150 اہی نائے، تھن تارا آپنیکے سائے کرے پائے۔

آپ آہ آہ اہی تھہ پڑتے ہا بھتے نا پائے، تھہ انڈرھ کرے ا تھنک ہلپ ڈیمےر سائے ڈیسفونے یوگایوگ کرن 0161 331 5149/5150 اہی نائے، تھن تارا آپنیکے سائے کرے پائے۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آتھنک ہلپ ڈیمےر سائے ڈیسفونے یوگایوگ کرن 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

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