

Managing diabetes if you are having a colonoscopy

Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet provides advice and instructions to people with diabetes who are going to have a colonoscopy. You should also be given a leaflet about the colonoscopy procedure.

In the instructions you have been given for the colonoscopy, you can follow the advice to have a low fibre diet three days before the procedure.

If you have problems with frequent hypoglycaemia (low blood glucose) or you have been admitted to hospital recently because of poor diabetes control, please contact the GI Unit on 01384 244113. You may need to have the bowel preparation for your colonoscopy under medical supervision.

The day before the colonoscopy

When you receive your colonoscopy appointment letter, you will be given a time when you have to fast (stop eating and drinking) and start taking a bowel preparation so that your bowels are clear for the procedure.

You will be asked to follow instructions for the bowel preparation (MoviPrep, Klean Prep or Picolax). You will need to keep well-hydrated with clear fluids every hour when you start taking the bowel preparation.

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:
 - and you are asked to stop solid food from 8am or 9am, stop taking your diabetic tablets and start taking them again after the colonoscopy.
 - If you are allowed to eat a light breakfast, take your usual morning diabetic tablets with the meal. You should then stop these and start taking them again after the colonoscopy.
- Stop any injections of GLP-1 (Byetta, Victoza, Lyxumia) for 48 hours.

For those people taking insulin, from the time you are asked to fast:

- If you are on short-acting insulin (e.g. Novorapid, Humalog, Apidra), take half of your usual dose from the time you are asked to stop solid food, with 100ml of a clear, sugary drink such as:
 - Fruit squash (not sugar-free)
 - Clear soft drinks (cola, lemonade, not sugar-free)
- If you are taking background insulin (e.g. Lantus, Levemir, Insulatard, Degludec), you should take half of your usual dose.
- If you are on mixed insulins (Novomix 30, Humalog mix25, Humalog mix50, Humulin M3), take half of your usual dose from the morning, with 100ml of a clear, sugary drink.

For people who have a blood glucose meter:

Check your blood glucose level every four hours.

If you start to feel unwell, check your blood glucose straightaway.

When you check your blood glucose level, please follow these instructions:

If it is less than 4 mmol:

- Treat the hypoglycaemia (low blood glucose) by taking four dextrose tablets or 100ml of a clear sugary drink.
- Re-check your blood glucose in 15 minutes to ensure it is above 4 mmol. If it is not, repeat hypoglycaemia treatment.
- Let staff who are doing your colonoscopy know you have treated an episode of hypoglycaemia and tell them what you have taken.

For any other blood glucose level, continue to check your blood glucose levels every four hours.

The day of the colonoscopy

Do not take any diabetic tablets or injections of GLP-1 (e.g. Byetta, Victoza, Lyxumia) until after the procedure when you can eat again.

For people taking insulin:

- Do not take any short-acting, meal time insulin until after the procedure when you are able to eat again.
- If you are taking mixed insulin:
 - and have a morning appointment – do not take your morning dose. When you are able to eat again after the procedure, take half of your usual dose with a snack.
 - and have an afternoon appointment – take half of your usual dose with 100ml of a clear, sugary drink.
- If you are taking background insulin, continue to take your usual dose.
- Continue monitoring blood glucose levels every four hours.

When you come to the hospital for your colonoscopy, please bring all your diabetic medication and glucose testing equipment to hospital.

After your colonoscopy

When you can eat again, start taking all your usual diabetic medications at the usual time. However, **if you are taking mixed insulin and had a morning appointment**, the morning dose that was held off until now should be taken at half of your usual dose.

You will be able to go home once you are eating and drinking and your blood glucose is at a safe level.

When you get home

You should seek medical help:

If you become unwell with:

- **Continuous** vomiting and/or diarrhoea.
- High fever.
- If you cannot keep food down for more than four hours.
- If you have high blood glucose levels of more than 15 mmol by finger prick testing.
- For people who have a ketone meter: if you have high ketones of more than 0.6 mmol.

During office hours (Monday to Friday, 9am to 5pm) contact your usual diabetes specialist nurse or doctor. Out of office hours, contact NHS 111 or your local out-of-hours GP service.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The diabetes team on 01384 244399 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔