

Preparing for your colonoscopy



Information for patients, relatives and carers

This leaflet gives you information about preparing for a colonoscopy if you have diabetes. The advice varies depending on the time of your appointment and how your diabetes is treated.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

If you use insulin or other diabetes medications, please tell the Bowel Cancer Screening practitioner or Endoscopy Unit reception when you book your appointment to ensure the time of your procedure is appropriate.

To prepare for your colonoscopy, you need to take a laxative so your bowel is as clean as possible. Please follow the instructions in the Preparing for your colonoscopy advice sheet which we will give you.

If you control your diabetes by diet alone

Simply follow the instructions in the main Preparing for your colonoscopy advice sheet. You do not need to do anything else.

If you use any diabetes medication (tablets, noninsulin injectable therapies [such as Byetta, Victoza, Lyxumia, Bydureon or Dulaglutide] and/or insulin)

When preparing for your colonoscopy you may need to adjust your diabetes treatment the day before and on the morning of the test to reduce your risk of hypoglycaemia (hypo /low blood sugar). It may mean that your blood sugar is a little higher than usual, but this is only temporary and you should be back to your usual glucose levels within 24 – 48 hours. If you are concerned about adjusting your diabetes medication, contact your usual diabetes specialist or GP for advice well in advance of your appointment.

Do I need to carry glucose to treat hypoglycaemia?

If you use any diabetes medication, you should carry glucose tablets such as glucotabs or Lucozade during your bowel preparation period and on the day of the colonoscopy, in case you develop a low glucose level. Symptoms of this include:

- sweating
- shaking
- slurred vision
- tiredness
- difficulty thinking
- extreme hunger
- feeling light headed.

If you feel that your glucose levels are low, take five – six glucose tablets or 120ml of Lucozade, recheck your blood glucose 10 – 15 minutes later, and if they are still low take five – six more glucose tablets or 120ml of Lucozade. Your blood glucose level will be checked just before you have your colonoscopy. Tell the nurses straight away if you have any symptoms of hypoglycaemia while you are at the Endoscopy Unit.

Do I need to monitor my blood glucose levels?

If you usually test your blood sugar levels at home, bring your blood glucose testing equipment with you to your appointment. You should continue to check your blood glucose levels as usual and also test if you feel hypoglycaemic. If you do not usually test your blood, do not worry: your blood sugar levels will be checked when you arrive for your procedure.

Morning appointments (before 12.30pm) If you control diabetes using tablets and/or non-insulin injections

On the day before your colonoscopy

- You can have a light breakfast (see Preparing for your colonoscopy advice sheet) but can then only drink clear 'replacement' fluids until after your colonoscopy. These include Lucozade, diluted squash (not blackcurrant), fizzy drinks and clear soups.
- You should also drink 1 litre of water throughout the day.
- If you use Metformin, Acarbose or SGLT2 inhibitors (Dapagliflozin, Canagliflozin or Empagliflozin) **do not** take them until you are eating again.
- If you take non-insulin injectable therapies (such as Byetta, Victoza, Lyxumia, Bydureon or Dulaglutide), DPP-4 (such as



Saxagliptin, Sitagliptin, Vildagliptin, Linagliptin or Alogliptin) and/or Gliclazide, Glipizide, Glibenclamide, Glimepiride, Tolbutamide, Repaglinide or Nateglinide, take your morning dose as usual but **do not** take your evening dose.

- Monitor your blood glucose at least **four** times in the day and/or if you feel hypo.
- If your diabetes medications are not mentioned here, please contact your diabetes specialist or GP.

On the day of your colonoscopy

- You can continue to drink the recommended fluids until two hours before your colonoscopy is due to take place.
- **Do not** take your morning dose of any of your diabetes tablets or non-insulin injectables.
- You can take your morning dose of tablets or non-insulin injectables as soon as you are able to eat and drink safely, so please bring your medications with you for after your colonoscopy.

Tell the nurses if you feel hypo at any time during your stay.

Morning appointments (before 12.30pm)

If you control diabetes using insulin injections

On the day before your colonoscopy

- You can have a light breakfast (see Preparing for your colonoscopy advice sheet) but can then only drink clear 'replacement' fluids until after your colonoscopy. These include Lucozade, diluted squash (not blackcurrant), fizzy drinks and clear soups.
- You should also drink 1 litre of water throughout the day.
- You may need to reduce your usual insulin doses to avoid the risk of hypoglycaemia:

- If you take pre-mixed insulin (such as NovoMix30, HumalogMix25, HumalogMix50 or HumulinM3), **take half your usual dose of this insulin with the replacement fluids. Note: if you have type 1 diabetes and are on these insulins, contact your diabetes specialist before your colonoscopy.**
- If you take short-acting insulin (Novorapid, Humalog or Apidra) before meals, take **half** your usual dose of this insulin with the replacement fluids, or if you are trained in carbohydrate counting, calculate the carbohydrate in the replacement fluids and use insulin doses according to your usual insulin: carbohydrate ratios. Some examples of these fluids are on page 10
- If you take background (long-acting) insulin (Humulin-I, Insulatard, Levemir, Lantus, Toujeo, Tresiba or Basaglar), continue to take your usual dose.
- Monitor your glucose levels at least four times in the day and/or if you feel hypo.
- If your diabetes medications are not mentioned here, contact your diabetes specialist or GP.

On the day of your colonoscopy

- You can drink the recommended fluids until two hours before you colonoscopy is due to take place.
- Test your blood glucose as usual up until you have your colonoscopy.
- If you have type 2 diabetes and take pre-mixed insulin (NovoMix30, HumalogMix25, HumalogMix50 or HumulinM3), do not take this insulin until after your procedure and you can eat and drink safely. **Note: if you have type 1 diabetes and are on these insulins, contact your diabetes specialist before your colonoscopy.**



- If you take short-acting insulin (Novorapid, Humalog or Apidra) before meals, **do not** take it until after your procedure and you can eat and drink safely.
- If you take background (long-acting) insulin (Humulin-I, Insulatard, Levemir, Lantus, Toujeo, Tresiba or Basaglar), continue to take your usual dose.

If you are taking other diabetes medications as well as insulin, please read page 10.

Tell the nurses if you feel hypo at any time during your stay.

Afternoon appointments (after 12.30pm)

If you control diabetes using tablets or non-insulin injectables

On the day before your colonoscopy

- You can have a light breakfast (see Preparing for your colonoscopy advice sheet) but can then only drink clear 'replacement' fluids until after your colonoscopy. These include Lucozade, diluted squash (not blackcurrant), fizzy drinks and clear soups.
- You should also drink 1 litre of water throughout the day.
- If you use Metformin, Acarbose or SGLT2 inhibitors (Dapagliflozin, Canagliflozin or Empagliflozin), **do not** take them until you are eating again.
- If you take non-insulin injectable therapies (such as Byetta, Victoza, Lyxumia, Bydureon or Dulaglutide), DPP-4 (such as Saxagliptin, Sitagliptin, Vildagliptin, Linagliptin or Alogliptin) and/or Gliclazide, Glipizide, Glibenclamide, Glimepiride, Tolbutamide, Repaglinide or Nateglinide, take your morning dose as usual but **do not** take your evening dose.
- Monitor your blood glucose at least **four** times in the day and/or if you feel hypo.

If your diabetes medications are not mentioned here, contact your diabetes specialist or GP.

On the day of the colonoscopy

- You can continue to have the recommended fluids until two hours before your colonoscopy is due to take place.
- **Do not** take your morning dose of any of your diabetes tablets or non-insulin injectables.
- You can take your evening doses of tablets or non-insulin injectables as soon as you can eat and drink safely, so please bring your medication with you for after your colonoscopy.

Tell the nurses if you feel hypo at any time during your stay.

Afternoon appointments (after 12.30pm)

If you use insulin injections

On the day before your colonoscopy

- You can have a light breakfast (see Preparing for your colonoscopy advice sheet) but you can then only drink clear 'replacement' fluids until after your colonoscopy. These include Lucozade, diluted squash (not blackcurrant), fizzy drinks and clear soups.
- You should also drink 1 litre of water throughout the day.
- You may need to reduce your usual insulin doses to avoid the risk of hypoglycaemia (low blood sugar):
 - If you take pre-mixed insulin (NovoMix30, HumalogMix25, HumalogMix50 or HumulinM3), take **half** your usual doses of this insulin. **Note: if you have type 1 diabetes and are on these insulins, contact your diabetes specialist before you have your colonoscopy.**
 - If you take short-acting insulin (Novorapid, Humalog or Apidra) before meals, take **half** your usual dose of this insulin with the



replacement drinks, or if you are trained in carbohydrate counting, calculate the carbohydrate in the replacement fluids and use insulin doses according to your usual insulin: carbohydrate ratios. Some examples of these fluids are on page 10

- If you take background insulin (Humulin-I, Insulatard, Levemir, Lantus, Toujeo, Tresiba or Basalar), continue to take your usual dose.
- Monitor your blood glucose level at least four times in the day and/or if you feel hypo.
- If your diabetes medications are not mentioned here, contact your diabetes specialist or GP.

On the day of your colonoscopy

- You can have the recommended drinks until two hours before you colonoscopy is due to take place.
- Test your blood glucose as usual up until your procedure.
- If you have type 2 diabetes and take pre-mixed insulin (NovoMix30, HumalogMix25, HumalogMix50 or HumulinM3), take **half** your usual dose of this insulin in the morning with replacement drinks, then do not take this again until after your procedure and you can eat and drink safely. **Note: if you have type 1 diabetes and are on these insulins, contact your diabetes specialist before you have your colonoscopy.**
- If you take short-acting insulin (Novorapid, Humalog or Apidra) before meals, take half your usual dose of this insulin in the morning with replacement drinks, then do not take this again until after your procedure and you can eat and drink safely.
- If you take background (long-acting) insulin (Humulin-I, Insulatard, Levemir, Lantus, Toujeo, Tresiba or Basaglar), continue to take your usual dose.

If you are taking other diabetes medications in addition to insulin, please read page 2.

Tell the nurses if you feel hypo at any time during your stay.

Morning and afternoon appointments

If you use an insulin pump

On the day before your colonoscopy

- You can have a light breakfast (see Preparing for your colonoscopy advice sheet) but you can then only drink clear 'replacement' fluids until after your colonoscopy. These include Lucozade, diluted squash (not blackcurrant), fizzy drinks and clear soups.
- You should also drink 1 litre of water throughout the day.
- You may need to adjust your usual insulin to avoid the risk of hypoglycaemia.
- You should calculate the carbohydrate in the meal replacement fluids and bolus according to your usual insulin:carbohydrate ratios. There are some examples of these fluids below / on page 10.
- If you usually use the bolus calculator on your pump to correct high blood glucose readings you may need to reduce the correction that your pump recommends during your fasting period.
- If your blood glucose is going low while you are preparing for the colonoscopy, you may want to consider using a temporary basal rate (TBR) of 80% (20% reduction of your normal basal rate). If you are unsure how to do this, contact your diabetes specialist before your colonoscopy.
- Monitor your blood glucose at least **four** times in the day and/or if you feel hypo.



On the day of your colonoscopy

- You can drink the recommended fluids until two hours before your colonoscopy is due to take place. Continue to bolus insulin according to the carbohydrate you are drinking.
- Test your blood glucose as usual up until your procedure.
- If you are using a TBR, continue to use this until after your colonoscopy and you are eating and drinking normally.

Tell the nurses if you feel hypo at any time during your stay.

Examples of replacement fluids

20g carbohydrate

- 120ml Lucozade
- 200ml apple/orange juice
- 200ml cola (not diet)
- 70ml fruit squash (4 tbsp) diluted

Who can I contact with queries and concerns?

If you have any questions, such as what to do about diabetes medication, contact your usual diabetes care provider. Please do this well in advance of your appointment.

If you want to change your appointment or need more information, please contact Endoscopy Unit reception:

- King's College Hospital: **020 3299 7601**
- Princess Royal University Hospital: **01689 864028**

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at

www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.



