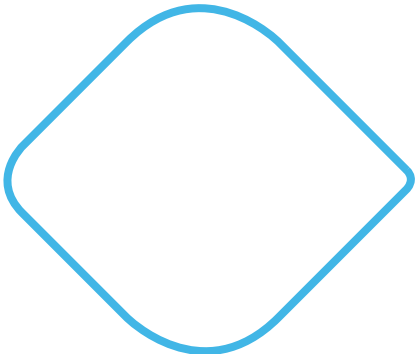
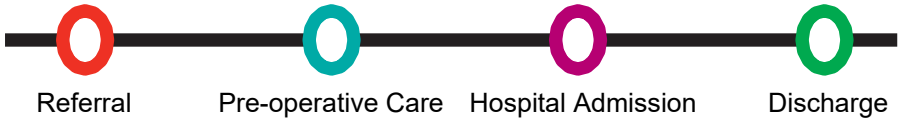


Diabetes Booklet



How to manage your diabetes before and after your Colonoscopy with extended bowel prep



Introduction

You have been given this booklet because you have diabetes and are having a colonoscopy requiring extended 72-hour bowel preparation.

Blood glucose control can be more difficult before a procedure as you are required to fast (stop eating or drinking for a long period). Some types of diabetes medication may also need to be stopped while fasting.

What this booklet contains

This booklet includes advice on what to do about your medication just before and after the procedure. With proper planning, these changes should not upset your diabetes control.

If you have any difficulties understanding these instructions, please speak to a member of your local diabetes team, the pre-operative assessment nurse or your GP.



Getting ready for your procedure

The preparation for your colonoscopy will begin six days before your procedure. The procedure will take place on day six.

Days 1 – 3, you will be expected to have a low residue diet as described below.

Day 4, You should only eat low residue diet for breakfast, then clear fluids thereafter.

Days 4 – 6, you can continue to drink clear fluids. See table on page 4.

If you are having a Gastroscopy (OGD), then **you must fast for 6 hours** prior to the procedure. If during this time you have any low glucose levels (Hypos), you can still take glucose tablets and gel to treat.

What can I eat and drink?

Low residue diet	
White bread	Chicken without skin
Butter and margarine	Boiled or steamed white fish
Cheese	Marmite
Eggs	Plain biscuits e.g. Rich Tea

Clear Fluids	
Water	Bovril
Black tea and coffee	Fruit juice (without bits)
Fruit tea	Squash
Fizzy drinks	Clear soup (consommé)



Please remember to bring the following items to the hospital:

- Glucose tablets or sugary drink
- Your usual blood glucose testing equipment
- Your usual diabetes medication (e.g. tablets, insulin)
- A supply of insulin needles (if you take insulin)

Monitoring blood glucose levels:

Please test every 2 hours whilst fasting if you take either Gliclazide or Insulin to manage your diabetes.

Correcting high blood glucose levels:

If you have Type 1 Diabetes and know how to correct your high sugar levels using quick acting insulin, you can continue to do this while fasting, if required. If any doubts, please contact Diabetes team for advice.

Changes to your diabetes tablet schedule

Name of Tablet	Day before procedure	Day of procedure
Acarbose	Take as usual	Take as usual
Repaglinide	Do not take evening dose	Do not take
Metformin	Take as usual	Take as usual
Gliclazide Glipizide Glimepiride	Do not take evening dose Take other doses as prescribed	Do not take morning dose Restart with next meal
Pioglitazone	Take as usual	Take as usual
Sitagliptin Saxagliptin Vildagliptin, Alogliptin, Linagliptin	Take as usual	Take as usual
GLP-1		
Rybelsus Semaglutide Tirzepatide (Mouniario)	Take as usual	Take as usual
SGLT-2 Inhibitors *		
Dapagliflozin Canagliflozin Empagliflozin	Do not take for three days prior to procedure	Do not take Restart the following day

Changes to your insulin schedule (continued)

Name of insulin	Day before procedure – low residue diet	Day of procedure
<p>Long acting insulin / Background insulin</p> <p>Lantus, Levemir, Insulatard, Humulin L, Abasaglar, Toujeo, Tresiba, Semglee</p>	<p>Reduce all your usual doses by 20%</p>	<p>Reduce all your usual dose(s) by 20%</p>
<p>Mixed Insulins</p> <p>Novomix 30 Humulin M3 Humalog Mix 25 Humalog Mix 50</p>	<p>Breakfast time dose: Take usual dose Lunchtime dose: Take usual dose Evening meal dose: Reduce usual dose by 50%</p>	<p>Breakfast time dose: Type 1 Diabetes – Contact diabetes team for individual plan – do not omit Type 2 Diabetes – Breakfast time: Do not take. Lunchtime dose: Do not take. Evening meal dose: Take as usual if eating</p>
<p>Quick acting / mealtime insulins</p> <p>Novorapid, Humalog, Fiasp, Actrapid, Humulin S, Trurapi, Lyumjev</p>	<p>Breakfast time dose: Take as usual if eating Lunchtime dose: Take as usual if eating Evening meal dose: Do not take while fasting</p>	<p>Do not take until eating and drinking</p>

Insulin Pumps: Please inform staff if you are on an insulin pump as some procedures can interfere with the function of the pump. Contact the Diabetes Centre for advice on the appropriate insulin dose adjustments or alternatives before your procedure.

Follow up of your diabetes care

Following your procedure, please resume your usual medication.

You should be informed if you require further diabetes follow up, either by your surgery or by a member of the Diabetes Team at the Diabetes Centre. You may be asked to phone the Diabetes Centre on: 01225 824198 / 821328

Email: ruh-tr.disnteam@nhs.net to discuss your progress.

If no follow up is required, you will need to monitor your own diabetes and continue to attend your GP surgery for your usual appointments.



General Information

Royal United Hospital, Bath Inpatient Diabetes Nursing Care Team

Tel: 01225 824198 / 821328

Email: ruh-tr.disnteam@nhs.net

Monday – Friday 8am – 4pm

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: October 2024 | Ref: RUH GAS/171

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