

Colonoscopy and Flexible Sigmoidoscopy advice for Patients with Diabetes

Information for patients

Guidelines for Diet and Tablet controlled diabetes: pages 2-4

Guidelines for Insulin controlled diabetes: pages 5-8



DIET AND TABLET CONTROLLED DIABETES

(Including Exenatide (Byetta), Liraglutide (Victoza), Lixisenatide (Lyxumia), Semaglutide (Ozempic) and Bydureon and Trulicity Injections)

You will need to follow a special low fibre diet for two days before your procedure. This may affect your blood sugar levels. This information will help you prepare for your procedure.

TWO DAYS BEFORE your procedure:

Continue to take your usual Diabetic tablets/non-insulin injections.

When following the low fibre diet make sure you eat your usual amount of carbohydrates such as white bread, white rice, pasta.

Choose from the list of foods and fluids allowed at the back of NHS Lanarkshire Colonoscopy booklet (See Section: Important Information Low Fibre diet).

Meal Suggestions

❖ **Breakfast**

1-2 boiled eggs, one medium slice of white bread/toast with scraping of margarine, no jam

❖ **Lunch**

White bread, small banana, margarine

❖ **Evening Meal**

Chicken (skin removed)/fish, pork, ham, lean beef, mashed potatoes, gravy

❖ **Supper**

White toast, scraping of butter/margarine

ONE DAY BEFORE your procedure:

On the day before your appointment, have **breakfast** and then take clear fluids only for the rest of the day.

You may drink water, sugar free diluting juice, clear soup, tea without milk, black coffee, Bovril. **See list at back of NHS Lanarkshire Colonoscopy booklet.**

INSTRUCTION ON TABLETS

Continue as normal if you use:

- ❖ Saxagliptin/Sitagliptin/Linagliptin/Alogliptin
- ❖ Pioglitazone

Stop 7 days before procedure:

- ❖ Dapagliflozin, Canagliflozin, Empagliflozin -

Morning

- ❖ Gliclazide (Diamicon), Glimepiride or Diamicon MR take half your am dose
- ❖ Metformin/Glucophage SR/Yaltormin take your morning dose only

Afternoon/Evening

- ❖ Gliclazide (Diamicon)/Glimepiride, **do not take** your evening dose

Injections

- ❖ Liraglutide (Victoza), **continue as normal**
- ❖ Exenatide (Byetta), **do not take** your pm dose
- ❖ Lixisenatide (Lyxumia) continue as normal
- ❖ Semaglutide (Ozempic) continue as normal
- ❖ Bydureon, **continue as normal** (unless due on day before procedure, when injection should be postponed until the next day after procedure)
- ❖ Trulicity, continue as normal (unless due on day before procedure, when injection should be postponed until day after procedure)

MORNING OF PROCEDURE

- ❖ Do not have anything to eat or drink
- ❖ Do not take any diabetic medication

If you have a blood glucose meter, check your blood glucose. If this is less than 4mmols, refer to page 6 - Hypo Treatment.

- ❖ Bring your tablets with you to hospital to have after the procedure
- ❖ After the procedure, resume your normal pattern of food when advised by nursing staff

If you have any queries regarding your diabetes medication, please contact your diabetes team for advice

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GUIDELINES FOR PATIENTS ON INSULIN

You will need to follow a special low fibre diet for two days before your procedure. This may affect your blood sugar levels. This information will help you prepare for your procedure.

TWO DAYS PRIOR to colonoscopy

Take your usual insulin.

Ensure you eat your usual amount of carbohydrates, such as white bread, pasta, rice. Choose from the list of allowed foods and fluids at the back of NHS Lanarkshire Colonoscopy booklet. **See Section Important information Low fibre Diet.**

Meal suggestions

Same as for tablet and diet controlled (see page two).

DAY BEFORE Colonoscopy

Continue to take your insulin but the amount you take will need to be reduced. Follow the instructions on page seven, Guidelines on Insulin Adjustment.

Monitor blood at least four times daily.

Have breakfast in the morning. (See list of foods allowed in the NHS Lanarkshire Colonoscopy booklet) then take clear fluids only.

You may drink water, sugar free diluting juice, clear soup, tea without milk, black coffee.

Hypo treatment

If blood levels fall below 4mmols, the following are suitable treatments:

- ❖ 150-200 mls of ordinary cola or fruit juice
- ❖ **or** 4-6 glucose tablets
- ❖ **or** 3-4 jelly babies (or similar soft sweet)

GUIDELINES ON INSULIN ADJUSTMENT

Contact your diabetes Specialist team if you are on insulin **two, three, four** or **five** times daily.

If you are on insulin pump therapy.

If you are on **Xultophy**.

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Instructions if you use once daily insulin:

Lantus, Abasaglar, levemir, Insulatard, Humulin I, Toujeo, Degludec (Tresiba)

DAY BEFORE Procedure

- ❖ Reduce your insulin by 20%
- ❖ Monitor blood glucose levels two hourly

Please refer to **page 3** for advice regarding diabetes medication the day before the procedure

Day of Procedure

- ❖ Do not take your insulin
- ❖ Bring your insulin with you to hospital to have after the procedure.
- ❖ After the procedure, resume your normal pattern of food when advised by nursing staff
- ❖ If once daily insulin is taken in the morning, you should take your normal dose after your procedure
- ❖ If once daily dose is taken in the evening you should take it at your usual prescribed time

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please contact your diabetes team for advice.

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If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk

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