

Having a Colonoscopy (Standard Bowel Preparation)

– Advice for Patients with Diabetes Updated 14.12.18

STANDARD BOWEL PREPARATION will involve ingestion of **CLEAR FLUIDS ONLY** from 1pm on the day before the procedure with bowel preparation sachets from 5pm. Morning procedures will usually involve nil by mouth from 6am. Afternoon procedures will usually involve nil by mouth from 10am.

Ask your doctor to help you determine which diabetes medications apply to you.

DIABETES TABLETS:

2 DAYS BEFORE YOUR COLONOSCOPY:

Stop the following

(tablets belonging to a class of medication called SGLT-2 inhibitors):

Empagliflozin (Jardiance®), Dapagliflozin (Forxiga®), Ertugliflozin (Steglatro®) or that contain Empagliflozin (Jardiamet®, Glyxambi®), Dapagliflozin (Xigduo®, Qtern®), Ertugliflozin (Segluromet®, Steglujan®)

1 DAY BEFORE YOUR COLONOSCOPY:

Stop the following

(tablets belonging to a class of medication called sulphonylurea):

Gliclazide (Diamicon®, Glyade®, Nidem®), Glibenclamide (Daonil®, Euglucon®, Glimel®) or Glimpiride (Amaryl®, Aylide®, Dimirel®)

MORNING OF YOUR COLONOSCOPY:

Stop the following

(tablets belonging to a class of medication called Biguanides, Glitazones or Gliptins):

Metformin (Diabex®, Glucophage® or Diaformin®) or that contain Metformin (Glucovance®, Avandamet®, Nesina Met®, Trajentamet®, Kombiglyze XR®, Janumet®, Galvumet®)

Acarbose (Glucobay®), Rosiglitazone (Avandia®) or Pioglitazone (Actos®), Sitagliptin (Januvia®), Alogliptin (Nesina®), Linagliptin (Trajenta®), Saxagliptin (Onglyza®), Sitagliptin (Januvia®), Vildagliptin (Galvus®)

NON-INSULIN CONTAINING DIABETES INJECTIONS:-

1 DAY BEFORE YOUR COLONOSCOPY:

Stop the following

Exenatide (Byetta[®], Bydureon[®]), Dulaglutide (Trulicity[®])

RESTART ALL TABLETS AND INJECTABLES WHEN ABLE TO EAT AFTER THE PROCEDURE.

INSULIN:

2 DAYS BEFORE YOUR COLONOSCOPY: Continue your insulin as usual

1 DAY BEFORE YOUR COLONOSCOPY:

If you are using long-acting Insulin (once or twice daily)

(Glargine (Lantus[®], Toujeo[®]), Detemir (Levemir[®]), Protophane[®], Humulin NPH[®]):- take half your usual insulin dose.

If you are using twice daily pre-mixed insulin

(Novomix 30[®], Mixtard 30/70[®], Humalog Mix 25[®], Humalog Mix 50[®], Ryzodeg 70/30[®]):- take your usual insulin dose with breakfast. From 1 pm when you are only allowed clear fluids, take half your usual insulin dose in the evening.

If you are using quick acting mealtime insulin:-

(Mealtime insulin - Novorapid[®], Humalog[®], Apidra[®], Actrapid[®]):- take your usual insulin dose with breakfast. From 1pm when you are only allowed clear fluids, omit your mealtime insulin.

MORNING OF YOUR COLONOSCOPY (Morning or afternoon procedure):

If you are using long-acting Insulin (once or twice daily)

(Glargine (Lantus[®], Toujeo[®]), Detemir (Levemir[®]), Protophane[®], Humulin NPH[®]):- take half your usual insulin dose in the morning.

Check your blood sugar on the morning of the colonoscopy. If it is less than 5 mmol/l, take 50 mls of regular lemonade.

Recheck your blood sugar if you feel symptoms of hypoglycaemia (low blood sugar)

Resume your usual insulin regimen in the evening after your procedure.

If you are using twice daily pre-mixed insulin

(*Novomix 30[®], Mixtard 30/70[®], Humalog Mix 25[®], Humalog Mix 50[®], Ryzodeg 70/30[®]*):- **Omit insulin on the morning of the colonoscopy.**

For a morning procedure once the colonoscopy has been completed and you are allowed to eat, take half of your usual morning insulin dose with food.

Resume your insulin regimen at the next meal.

If you are using quick acting mealtime insulin:-

(*Mealtime insulin - Novorapid[®], Humalog[®], Apidra[®], Actrapid[®]*):- **Omit your mealtime insulin.**

Once the colonoscopy has been completed and you are allowed to eat, take your usual mealtime insulin with food.

Resume your insulin regimen at the next meal.

Possibility of hypoglycaemia (low blood sugar):

It is possible that while you are waiting for the colonoscopy, you may have a hypoglycaemic event. It is therefore, advisable to bring along some regular lemonade to correct your hypoglycaemia. Lemonade is considered suitable for correction of hypoglycaemia whilst waiting for the colonoscopy as it will not obscure the test.

Please bring along all your medication on the day of your colonoscopy.

If you have any questions or concerns regarding the care of your diabetes, please contact the Diabetes Education Centre – 08 8182 9296.



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