

# Having a Flexible Sigmoidoscopy



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## For patients taking insulin and / or other diabetes medications

You will be expected to have a low residue breakfast and lunch the day prior to the procedure. You will be allowed clear fluids from this point onwards until procedure.

If you are also having a gastroscopy (OGD), you must not have anything to eat or drink for six hours before your procedure, but you can still take Lucozade or sugary flavoured water for hypoglycaemic episodes.

This leaflet contains the information you will need to be able to safely manage your diabetes on the day prior to the procedure and the day of the procedure.

If you are on an Insulin pump please contact the Endoscopy unit on 01493 452370 or your Diabetes Nurse prior to your procedure.

## What to do with your insulin for your procedure

If you are on insulin please see the following chart. The changes you need to make on the day before, the day of and after the procedure. These depend on the insulin you are taking. Please be sure to follow the instructions for your insulin below.

Name of insulin	Day prior to procedure	Morning of procedure	Afternoon of Procedure
<b>Mixed/ Biphasic Insulin</b>			
Humalog Mix 25 or Mix 50 Humulin M3 Humulin R500 Hypurin Porcine 30/70 Mix Novomix 30	Take normal insulin dose with breakfast.  Take 50% evening dose.	Take 25% of normal insulin dose in the morning.	Take normal evening dose.
<b>Intermediate or Long-acting/ Basal Insulin</b>			
Abasaglar Humulin I Hypurin Porcine Isophane Insulatard Lantus Levemir Semglee Toujeo Tresiba	<b><u>Taken in the morning</u></b>		
	Take 75% normal insulin dose.	Take 25% normal insulin dose.	Next basal insulin to be given as normal next day.
	<b><u>Taken in the evening</u></b>		
	Take 75% normal insulin dose.	No change.	Take normal dose.
<b><u>Taken twice daily</u></b>			
Take 75% usual insulin dose.	Take 25% normal insulin dose.	Normal dose in evening.	
<b>Basal bolus regimen – For basal adjustment see above</b>			
Actrapid Admelog Apidra Fiasp Humalog Humulin S Hypurin Porcine Neutral Lyumjev Novorapid Trurapi	Take normal insulin with meals (breakfast and lunch).  Omit evening dose.	Omit until next meal.	Normal dose with next meal.

## What to do with your diabetes medications for your procedure

If you are on other diabetes medications (as well as insulin or instead of insulin) see the chart below.

Name of medication	Morning of procedure	After procedure
Acarbose	Take normal breakfast and lunchtime doses.  Omit evening dose.	Omit all doses prior to procedure.
Repaglinide Nateglinide		
Gliclazide Glibenclamide Glipizide Glimepiride	Take normal breakfast dose Omit evening dose.	Omit breakfast dose.
Dapagliflozin Empagliflozin Cannagliflozin Sotagliflozin	Omit for 4 days prior to procedure.	Omit on day of procedure.
Metformin (Glucophage/ Sukkarto/ Yaltormin)	No change.	No change (if having an OGD and on Rybelsus please omit dose).
Pioglitazone		
Alogliptin Linagliptin Sitagliptin Saxagliptin, Vildagliptin		
Exenatide Liraglutide Dulaglutide Semaglutide Tirzepatide		

## Monitoring blood glucose levels

If you have a blood glucose meter we advise testing every two hours whilst fasting.

If you usually correct high glucose level using rapid acting insulin you can give a small correction dose if blood glucose levels are greater than 15mmol/L.

## Recognising hypoglycaemia (or a “hypo”)

Fasting can make you more likely to become hypoglycaemic. A “hypo” is when your blood glucose is less than 4mmol/L.

You may feel the following symptoms if you are having a hypo:

- Sweating heavily
- Feeling anxious
- Trembling and shaking
- Tingling of the lips
- Hunger
- Going pale
- Palpitations

- Slurring words
- Behaving oddly
- Being unusually aggressive or tearful
- Difficulty concentrating

## How to treat a “hypo” prior to the procedure

If you recognise you are having a “hypo”, you should treat it quickly using:

- Lucozade or sugary flavoured water.

If you use a blood glucose meter you should recheck your blood glucose 10-15 minutes following treatment. If levels remain less than 4mmol/L treat again with the above.

**Important: Please inform a member of staff if you have had a hypo when you arrive for your procedure.**

### Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

**Before leaving please complete a Friends and Family Test feedback card.**

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### OUR VALUES

**Collaboration** We work positively with others to achieve shared aims


**Accountability** We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

**Respect** We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

**Empowerment** We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

**Support** We are compassionate, listen attentively and are kind to ourselves and each other





The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**