

Having a morning colonoscopy procedure



James Paget
University Hospitals
NHS Foundation Trust

Authors: Dr J Randall; Kim Howson, Perioperative DSN; and Miriam Batley, Endoscopy CE

For patients taking insulin and / or other diabetes medications

Extended BOWEL PREP: Three days low residue diet, laxatives (Senna) and two days on fluids only with procedure (eight sachets of Moviprep)

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

If you are on Insulin pump therapy to manage your diabetes, please contact the Endoscopy Unit on 01493 452370 and your Diabetes Nurse prior to your procedure.

Your preparation for your colonoscopy will begin six days before your tests. The procedure will occur on day six.

On days one to three, you will be asked to eat a 'low residue' diet. You may also use this for breakfast on day four, but after that point you should not eat anything further until after your procedure has taken place. You can drink items on the list below during the rest of day four, five and running up to your procedure on day six.

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.

What can I eat and drink?

Please see below for the foods you may eat on days one to three and breakfast on day four. After breakfast you should not eat anything further but you can drink clear fluids - see the list below. This should continue until after your test has been completed.

Low residue diet – breakfast and lunch the day before your procedure	Clear fluids – After lunch on day before procedure until after procedure
<ul style="list-style-type: none">• White bread• Butter or margarine• Cheese• Eggs• Chicken without the skin• Boiled or steamed white fish• Marmite• Plain biscuits such as rich tea	<ul style="list-style-type: none">• Tap water or mineral water• Black tea / coffee no added milk, whitener or milk substitute• Lemon or herbal or fruit tea• Fizzy drinks• Bovril• Fruit juice (without 'bits')• Squash• Clear soup such as consommé or strained chicken noodle soup

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.

What to do with your diabetes medications – for instructions on insulin please see separate table.

DAY	1-3	4	5	6
Name of medication				
Gliclazide Glibenclamide Glipizide Glimepiride (See instructions for hypoglycaemia)	Take as normal but ensure two slices of white bread or toast with at each mealtime. Jelly can also be consumed.	Take as normal at breakfast time. Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed. From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent. OMIT the evening dose of any of these medications.	Omit all doses of these medications on this day. Continue to replace any meals with half of one 330ml can of full sugar fizzy drink or equivalent.	OMIT breakfast time medication. Continue to utilise half of one can of full sugar fizzy drink or equivalent in place of meals (breakfast) prior to your procedure. Eat normally after your procedure and take your lunch and evening dose of medication as normal. Normal medications the next day and normal diet.

Repaglinide (See instructions for hypoglycaemia)	Take as normal but ensure two slices of white bread or toast with at each mealtime. Jelly can also be consumed.	Take as normal at breakfast time. Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed. OMIT the lunch time and evening dose of any of these medications.	Omit all doses of these medications on this day. Continue to replace any meals with half of one 330ml can of Full sugar fizzy drink or equivalent.	OMIT breakfast time medication. Continue to utilise half of one can of full sugar fizzy drink or equivalent in place of meals (breakfast) prior to your procedure. Eat normally after your procedure and take your lunch and evening dose of medication as normal. Normal medications the next day and normal diet.
Dapagliflozin Empagliflozin Cannagliflozin Sotagliflozin	Omit medication.	Omit medication.	Omit medication.	Omit medication. Take as normal next day once eating and drinking.
Acarbose	Take as normal.	Take as normal.	Omit on this day.	Omit all doses prior to procedure. Take as normal after procedure.
Metformin (Sukkarto)	Take as normal.			
Pioglitazone				
Exenatide				
Liraglutide Dulaglutide Semaglutide Tirzepatide				

What to do with your insulin

DAY	1-3	4	5	6 (Day of procedure)
Name of Insulin				
Mixed/ Biphasic Insulin				
Humalog Mix 25 or Mix 50; Humulin M3; Humulin R500; Hypurin Porcine 30/70 Mix; Novomix 30 (See instructions for hypoglycaemia)	Take your insulin as normal. Ensure two slices of white bread or toast are included at each mealtime. Jelly can also be consumed.	Take 75% of your normal breakfast Insulin. Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed. From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Take 50% normal lunch time insulin (not applicable if	Continue to replace all meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Take 50% of your normal breakfast Insulin. Take 50% of your normal lunchtime insulin (not applicable if usually twice daily).	Omit breakfast insulin. After procedure Bring your insulin with you along with a snack (sandwich, fruit, yoghurt). Take 50% usual morning dose with the above snack after the procedure (Omit lunch time dose if on three times daily).

	Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	usually twice daily). Take 50% of your normal evening Insulin. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	Take 50% of your normal evening Insulin. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	
Intermediate or Long-acting/ Basal Insulin				
TAKEN ONCE DAILY IN MORNING				
	DAY 1-3	Day 4	Day 5	Day 6 (procedure day)
Abasaglar Humulin I Insulatard Lantus Semglee Toujeo Tresiba (See instructions for hypoglycaemia)	Take your insulin as normal. Ensure two slices of white bread or toast are included at each mealtime. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	Take 50% of your breakfast insulin. Take 50% of your normal breakfast Insulin. Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed. From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	Take 25% of your normal breakfast insulin. Continue to replace all meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	Take 25% of your normal breakfast insulin. Bring your insulin with you along with a snack (sandwich, fruit, yoghurt). Take 50% of your usual morning dose with the above snack after the procedure. Take your insulin dose as normal next morning.
TAKEN ONCE DAILY IN EVENING Intermediate or long-acting/ basal insulin				
	Ensure two slices of white bread or toast are included at each mealtime. Take normal insulin in evening Ensure pre-bed glucose is around 10 mmol / L	Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed. From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Take 50% of your normal evening insulin.	Continue to replace all meals with a half of one 330ml can of full sugar fizzy drink or equivalent. Take 25% of your normal evening Insulin. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.	After procedure Bring a snack (sandwich, fruit, yoghurt) with you for after the procedure. Take your evening insulin as normal.

	Use biscuits / glucose tablets if needed.	Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.		
TAKEN TWICE DAILY Intermediate or long-acting/ basal insulin				
	Day 1 - 3	Day 4	Day 5	Day 6 (procedure day)
	<p>Take normal insulin. Ensure 2 slices bread / toast with each meal.</p> <p>Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Take 50% of your normal breakfast insulin.</p> <p>Ensure two slices of white bread or toast at breakfast time. Jelly can also be consumed.</p> <p>From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent.</p> <p>Take 25% of your normal evening Insulin. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Take 50% of your normal breakfast insulin.</p> <p>Continue to replace all meals with a half of one 330ml can of full sugar fizzy drink or equivalent.</p> <p>Take 25% of your normal evening insulin.</p> <p>Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Omit your normal breakfast insulin.</p> <p>Bring your insulin with you along with snack (sandwich, fruit, yoghurt).</p> <p>Take 50% of your normal morning dose with the above snack after the procedure.</p> <p>Take your normal insulin dose with evening meal, pre-bed and thereafter.</p>
Rapid-acting meal-time Insulin				
	Day 1-3	Day 4	Day 5	Day 6 (procedure day)
<p>Apidra Actrapid Fiasp Humalog Humulin S Insuman Rapid Lyumjev Novorapid Trurapi</p> <p>(See instructions for hypoglycaemia)</p>	<p>Take your normal Insulin.</p> <p>Ensure 2 slices of white bread or toast with each meal.</p> <p>Use correction dose as necessary</p>	<p>Take 50% of your normal breakfast insulin.</p> <p>Ensure 2 slices of white bread or toast at breakfast time. Jelly can also be consumed.</p> <p>From this point onwards replace any meals with a half of one 330ml can of full sugar fizzy drink or equivalent</p>	<p>Take 50% of your normal breakfast insulin.</p> <p>Continue to replace all meals with a half of one 330ml can of full sugar fizzy drink or equivalent.</p> <p>Take 25% of your normal lunch and evening insulin doses.</p>	<p>Omit your normal breakfast insulin.</p> <p>After procedure Bring your insulin with you along with snack (sandwich, fruit, yoghurt).</p> <p>Take 75% of your normal lunchtime dose with the above snack after the procedure.</p>

	<p>Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Take 25% of your lunch and evening insulin. Use correction dose as necessary. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Use correction dose as necessary. Ensure pre-bed glucose is around 10 mmol / L Use biscuits / glucose tablets if needed.</p>	<p>Normal insulin dose with evening meal. Use correction dose as necessary.</p>
--	---	---	--	--

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.

Help us transform NHS services and to support patient choice.

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



IN TRAN communication for all

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