

Guidelines for patients with diabetes undergoing contrast enema



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As a person with diabetes, you need to adjust your diabetic treatment according to the time of your appointment. As a result your blood sugar may be a little higher than usual. This is only temporary to maintain your blood sugars through the procedure and you will be back to your usual level of control within 24-48 hours.

Treatment with diet alone

If you control your diabetes by diet alone, please follow the instructions given with your appointment letter.

Treatment with tablets or non-insulin injections

You should have a morning appointment. If you do not, please call the Radiology Department appointments office on **01493 452456** to reschedule your appointment time.

Treatment with insulin

You should have an early morning appointment. If you do not, please call the Radiology Department appointments office on **01493 452456** to reschedule your appointment time.

Seven days before the test:

- Stop taking iron tablets.

Four days before the test

- Stop taking constipating medications, these may be painkillers such as codeine phosphate, tramadol, oramorph and fentanyl patches, bulking agents such as Fybogel®, Regulan ®or Proctofibe® or to treat diarrhoea, such as loperamide (Imodium®) or Lomotil®.
- If you are unable to stop taking your painkillers, please contact the Radiology department for advice.

Two days before the test:

Continue to take your normal medication and check your blood sugar levels.

- **EAT FOODS LOW IN FIBRE.** These include grilled or steamed white fish, grilled chicken (no skin), potato (no skin), white pasta, white rice, egg, cheese, tofu, white bread, butter or margarine, seedless jam, shredless marmalade, marmite, honey, rich tea biscuits, chocolate, smooth yoghurts (no 'bits'), boiled sweets, clear jelly and ice cream. **AVOID HIGH FIBRE FOODS - Red meat, brown / wholemeal bread, wholemeal pasta, brown rice, fresh or dried fruit, vegetables, nuts, beans, lentils, chickpeas, cereals.**

Adjusting your diabetic medication on the day before your procedure to prevent hypoglycaemia (low blood sugar)

Have glucose tablets or sugary drinks (see list below) available in case of hypoglycaemia.

Check your blood glucose every two to four hours, or if you feel hypoglycaemic.

If the level is less than 7 mmols/l during the day or less than 10 mmols/l before bed, take a carbohydrate from the drinks listed below or take three glucose tablets.

Check your blood glucose after 10-15 minutes and repeat the treatment if it has not come up to the correct level.

If you do not usually test your blood glucose levels please be aware of the increased risk of hypoglycaemia and treat any symptoms as above.

ALTERNATIVES TO GLUCOSE TABLETS

Lucozade Sport® 200mls (thirteen tablespoons)
Grape juice 100mls (six tablespoons)
Sparkling apple juice 200mls (thirteen tablespoons)
Regular Coke® or Pepsi® (**NOT DIET**) 200mls (thirteen tablespoons)
Ribena® 30 mls (two tablespoons) diluted in water
Squash / barley water 70mls (four tablespoons) diluted in water
Sugar (four teaspoons) dissolved in 200mls water

IF YOU ARE ON TABLETS OR NON-INSULIN INJECTIONS (EXENATIDE®, LIXISENATIDE®, LIRAGLUTIDE®, DULAGLUTIDE®, SEMAGLUTIDE®) FOR DIABETES:

Day before your contrast enema

Clear fluids only unless otherwise instructed.

Aim to replace your usual carbohydrate intake from the list of permitted clear fluids. You can have sugary drinks, clear fruit juice or fruit jelly to replace your usual carbohydrates.

If you take tablets or non-insulin injections in the **morning, take it as usual.**

If you take tablets or non-insulin injections in the **afternoon or evening, omit the dose(s).**

Day of the your contrast enema

Do not take your morning dose of tablets or non-insulin injections, bring them with you to take after the procedure. You will be able to take them as soon as you are told you can eat and drink again.

Please inform the Radiology nursing staff if you have needed glucose before arriving and inform them immediately if you feel hypoglycaemic at any time during your visit.

PATIENTS ON INSULIN

Day before your contrast enema

Clear fluids only unless otherwise instructed.

Aim to replace your usual carbohydrate intake from the list of permitted clear fluids. You can have sugary drinks, clear fruit juice or fruit jelly to replace your usual carbohydrates.

If you use basal insulin (Insulatard® / Humulin I® / Insuman Basal® / Levemir® / Lantus® / Absaglar® / Tresiba® / Toujeo®) take half the usual dose the evening before the procedure (if you take an evening dose).

If you use an insulin pump, reduce the basal rate to 50% usual (-50% temporary basal rate) from 10pm the night before the procedure until you are able to eat and drink again. Use the bolus function as usual taking into account the carbohydrate you are eating.

If you use quick acting insulin (Soluble® / Actrapid® / Humulin S® / Insuman Rapid® / Novorapid® / Humalog® / Apidra® / Fiasp®) and carbohydrate count, use the quick acting insulin / your usual insulin: carbohydrate ratio or Carbohydrate Portion ration when you eat or drink from the permitted carbohydrate list.

If you use mixed insulin (Humulin M3® / Insuman Comb 15® / Insuman Comb 25® / Insuman Comb 50® / Novomix 30® / Humalog Mix 25® / Humalog Mix 50® / Hypurin 30/70 Mix®) the evening before your procedure, reduce the dose by one-half (e.g. if you usually take 12 units then you should take 6 units).

Check your blood glucose every two to four hours, or if you feel hypoglycaemic.

If the level is less than 7 mmols/l during the day or less than 10 mmols/l before bed, take 20g of liquid carbohydrate from the drinks listed or take 3 glucose tablets.

Check your blood glucose after 10-15 minutes and repeat the treatment if it has not come up to the correct level.

Day of your contrast enema

If you use basal insulin (Isophane® / Insulatard® / Humulin I® / Insuman Basal® / Levemir® / Lantus® / Absaglar® / Tresiba® / Toujeo®) take half the usual dose on the morning of the procedure.

If you use an insulin pump continue the -50% temporary basal rate until after the procedure.

If you use quick acting insulin (Soluble® / Actrapid® / Humulin S®/ Insuman Rapid®/ Novorapid® / Humalog® / Apidra®/ Fiasp®) do not take your morning dose but bring the insulin with you to take after the procedure once you are able to eat and drink again.

If you use mixed insulin (Humulin M3®/ Insuman Comb 15® / Insuman Comb 25® / Insuman Comb 50® / Novomix 30® / Humalog Mix 25® / Humalog Mix 50® / Hypurin 30/70 Mix®) do not take your morning dose but bring the insulin with you to take after the procedure once you are able to eat and drink again.

Please inform the Radiology nursing staff if you have needed glucose before arriving and inform them immediately if you feel hypoglycaemic at any time during your visit.

You can take your morning dose of insulin as soon as nursing staff tell you that you can safely eat and drink.

If you have any concerns about adjusting your medication, call the Diabetes Nursing Team on 01493 453373 (answer phone).

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



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