



Western Health

## **Colonoscopy instructions for patients with diabetes (Type 1 and Type 2)**

### **General instructions**

See your General Practitioner at least 2 weeks before your colonoscopy to get instructions on how to access and use a blood glucose testing kit, testing strips and testing lancet unless you are already testing and have unexpired blood glucose test strips available.

- From the day before the colonoscopy, check your blood glucose level every 3 hours when awake.
- When you are fasting (having nothing to eat or drink) check your blood glucose every 2 hours.

If you feel shaky, faint, hot, or sweaty you should also check your blood glucose. These feelings can be a sign of low blood glucose

**If your blood glucose level is 4.0 mmol/L or less: drink a glass of non-diet (ordinary) lemonade, apple juice, or a tube of glucose gel.**

Re-check your blood glucose level 15 minutes later and if it is still less than 4.0 mmol/L: drink a further glass of non-diet (ordinary) lemonade, apple juice, or a tube of glucose gel. This can be repeated every 15 minutes if the blood glucose remains less than 4.0 mmol/L.

Continue to check your blood glucose every 15 minutes, until it has been above 4.0 mmol/L for 45 minutes. Then resume checking every 2 hours.

The following instructions use the words **CLEAR, NON-DIABETIC FLUIDS**

Examples are: clear fruit juices without pulp such as apple juice, ordinary (non diet) soft drinks such as lemonade and ordinary (non diet) cordial syrup mixed with water.

**These are drinks that someone with diabetes would usually avoid, but for these special circumstances they can be used.**

## Diabetes medications

Check which types of diabetes medications you are on, and then follow the instructions in the next sections.

Any tablet for diabetes except those in the next box immediately below	Diabetes tablet (except SGLT2 inhibitor)
Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, Steglujan	SGLT2 inhibitors (either by themselves or combined with another diabetes medicine in the one tablet)
Lantus, Levemir, Protaphane, Toujeo	Long acting insulin
Novorapid, Humalog, Apidra, Actrapid, Fiasp	Short acting insulin
Novomix 30, Ryzodeg, Mixtard 30/70, Mixtard 50/50, Humalog Mix25, Humalog Mix50	Mixed insulin
Byetta, Bydureon, Victoza, Trulicity	GLP-1 injections
Insulin pump	Novorapid, Fiasp, Humalog or Actrapid

## TWO DAYS BEFORE THE DATE OF YOUR COLONOSCOPY

TIME	INSTRUCTIONS FOR DIABETES MEDICATIONS
Have a normal breakfast, lunch and dinner of white diet only (see bowel prep instructions for details)	If you are taking SGLT2 inhibitor: Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan <b>do not take</b> this medication for the next 3 days - <b>today, tomorrow and the day of your colonoscopy</b> . All other diabetes medications: continue to take as usual.

# ONE DAY BEFORE THE COLONOSCOPY

TIME	INSTRUCTIONS FOR DIABETES MEDICATIONS
<p>Have a light breakfast of white diet only (see bowel prep instructions for details)</p>	<p>Do not take any diabetes tablets</p> <p>Do not take any <b>Byetta, Victoza, Bydureon, Trulicity</b></p> <p>If you usually take any <b>insulin</b> at this time, take <b>HALF</b> your usual morning dose</p> <p>Insulin pump: Do not change basal rates. Bolus as usual</p>
<p>Have light lunch of white diet only (see bowel prep instructions for details)</p> <p>After lunch, you should have <b>CLEAR NON-DIABETIC FLUIDS</b> only. This can be a glass of apple juice, ordinary (non-diet) soft drink or cordial (diluted with water according to instructions on the bottle) every 2-3 hours In addition, you should drink plenty of water. This keeps you hydrated, and also helps the bowel clean out much more effectively.</p>	<p>Do not take any diabetes tablets</p> <p>Do not take any Byetta, Victoza, Bydureon, Trulicity</p> <p>If you usually take short acting insulin (eg Humalog, NovoRapid, Apidra, Actrapid, Fiasp) with lunch, test your blood glucose level. If your blood glucose level is equal to or MORE than 10 mmol/L, take HALF your usual dose. If it is LESS than 10 mmol/L, do not take any short acting insulin</p> <p>Insulin pump: Do not change basal rates. If your blood glucose becomes HIGHER than 15mmol/L then enter your blood glucose level into the bolus calculator. Give the suggested correction dose</p>
<p><b>In the evening on the day BEFORE the colonoscopy</b>, you should have CLEAR, NON-DIABETIC FLUIDS only. In addition, you should drink plenty of water. This keeps you hydrated, and also helps the bowel clean out much more effectively.</p>	<p>Do not take any diabetes tablets</p> <p>Do not take any Byetta, Victoza, Bydureon, Trulicity</p> <p>If you usually take <b>long acting insulin</b> (Lantus, Levemir, Protaphane, Toujeo) in the evening or before bed, have your full USUAL dose</p> <p>If you usually take <b>short acting insulin</b> (eg Humalog, NovoRapid, Apidra, Actrapid, Fiasp) or <b>mixed insulin</b> (eg NovoMix, Mixtard, Humalog Mix, Ryzodeg) with your evening meal, test your blood glucose level. If your blood glucose level is equal to or MORE than 10 mmol/L, take HALF your usual dose. If your <b>blood glucose is between 5.0 and 10.0 mmol/L</b> take a QUARTER (25%) of your usual dose. If your blood glucose is less than 5.0 mmol/L, do not take any mixed insulin</p> <p>Insulin pump: Do not change basal rates. If your blood glucose becomes HIGHER than 15mmol/L then enter your blood glucose level into the bolus calculator of your pump. Give the correction dose</p>

Check whether you are having the colonoscopy in the morning or the afternoon, then follow the instructions for the **MORNING** (this page) or for the **AFTERNOON** (next page)

## DAY OF COLONOSCOPY: If you are having the colonoscopy in the morning

<p><b>Morning colonoscopy</b></p> <p><b>Fast (nothing at all to eat or drink) from 05:30 AM, unless your blood glucose falls below 4.0 mmol/L</b></p> <p>Test your blood glucose level every 2 hours. If the glucose level is less than 4.0 mmol/L, drink 250mL of NON-DIABETIC FLUIDS. Repeat every 15 minutes until blood glucose is above 4 mmol/L. Recheck blood glucose level every 15 minutes until it has been above 4.0 mmol/L for 45 minutes. Then resume checking every 2 hours</p> <p>You should arrive at the hospital at 08:00 AM. Bring your blood glucose testing equipment with you. <b>When you arrive at the hospital tell the nursing staff if your blood glucose has been low</b></p> <p>Keep checking your blood glucose every 2 hours until your colonoscopy. <b>If the glucose level is less than 4.0 mmol/L when you are at the hospital, tell the nursing staff immediately</b></p>	<p><b>On the morning of the colonoscopy</b>, do not take any diabetes tablets</p> <p>Do not take any Byetta, Victoza, Bydureon, Trulicity</p> <p>If you usually have long acting insulin (Lantus, Levemir) <b>in the morning</b> have HALF your usual dose. Do NOT take any short acting insulin (NovoRapid, Humalog, Fiasp, Actrapid)</p> <p>If you <b>usually</b> have <b>mixed insulin</b> (NovoMix, Mixtard, HumalogMix, Ryzodeg) in the morning, and your blood glucose is between 5.0 and 10.0 mmol/L take a QUARTER (25%) of your usual dose. If it is more than 10mmol/L take HALF your usual dose. If your blood glucose is less than 5.0 mmol/L, do not take any mixed insulin</p> <p>Insulin pump: When you start fasting from 5:30 AM, set a temporary basal rate of 70%. Keep this setting until you have your colonoscopy. If your blood glucose becomes HIGHER than 15mmol/L then enter your blood glucose level into the bolus calculator of your pump. Give the suggested correction</p>
<p><b>After your colonoscopy</b></p>	<p>Start taking all diabetes medications (including insulin) in the usual doses at the times you usually take them once you are eating normally again</p> <p>If you are not eating normally, speak with your doctor for advice. If you have skipped a morning dose of Bydureon or Trulicity you can take it after your evening meal. You can then take it on your usual day the following week</p> <p>Insulin pump: End the temporary basal rate, give a correction bolus if required. Bolus with food in the usual way</p>

# DAY OF COLONOSCOPY: If you are having the colonoscopy in the afternoon

<p><b>Afternoon colonoscopy</b></p> <p>When you wake up in the morning, check your blood glucose level and then re-check every 3 hours until fasting starts</p> <p>If the blood glucose level is less than 4.0 mmol/L, drink 250mL of NON-DIABETIC FLUIDS</p> <p>Repeat every 15 minutes until blood glucose level is above 4 mmol/L</p> <p><b>Fast (nothing at all to eat or drink) from 10:30 AM unless your blood glucose drops below 4.0 mmol/L</b></p> <p>Arrive at the hospital at 12:30 PM Bring your blood glucose testing equipment with you</p> <p><b>When you arrive at the hospital tell the nursing staff if your blood glucose has been low (less than 4.0 mmol/L) that morning</b></p> <p>Test your blood glucose level every 2 hours from 1030 AM until your colonoscopy. <b>If the glucose level is less than 4.0 mmol/L when you are at the hospital, tell the nursing staff immediately</b></p>	<p>On the morning of the colonoscopy, do not take any diabetes tablets</p> <p>Do not take any Byetta, Victoza, Bydureon, Trulicity</p> <p>If you have long acting insulin (Lantus, Levemir, Protaphane, Toujeo) in the morning, have HALF your usual dose</p> <p>Do NOT take any short acting insulin (NovoRapid, Humalog, Apidra, Fiasp, Actrapid)</p> <p>If you usually take any <b>mixed insulin</b> (eg NovoMix, Mixtard, Humalog Mix, Ryzodeg) with your morning meal, test your blood glucose level. If your blood glucose level is equal to or MORE than 10 mmol/L, take HALF your usual dose. If your blood glucose is between 5.0 and 10.0 mmol/L take a QUARTER (25%) of your dose. If your blood glucose is less than 5.0 mmol/L, do not take any mixed insulin</p> <p>Insulin pump: When you are fasting from 10:30 AM, set a temporary basal rate of 70%. Keep this setting until you have your colonoscopy. If your blood glucose becomes HIGHER than 15mmol/L then enter your blood glucose level</p>
<p><b>After your colonoscopy</b></p>	<p>Start taking all diabetes medications (including insulin) in the usual doses at the times you usually take them once you are eating normally again</p> <p>If you are not eating normally, speak with your doctor for advice. If you have skipped a morning dose of Bydureon or Trulicity you can take it after your evening meal. You can then take it on your usual day the following week</p> <p>Insulin pump: End the temporary basal rate, give a correction bolus if required. Bolus with food in the usual way</p>

**Contact details: Endoscopy Bookings Tel: 8345 6775/8345 6015**