

Diabetes management during bowel preparation prior to colonoscopy/flexible sigmoidoscopy

What is the procedure?

You are to undergo an examination of your large bowel. For this to be done properly the bowel needs to be prepared by adjusting your diet and taking a bowel preparation drug (strong laxative) the day before. The bowel preparation and the appropriate instructions will have been sent to you separately.

Please note that your appointment should be the first appointment of the morning (usually 9:00am). If this is not the case please contact the department that has sent you the appointment and query this. One week prior to the procedure stop iron tablets.

Two days before the examination

Tablet treated diabetes

If you take Gliclazide (Diamicon), Glimepiride (Amaryl), Glipizide (Minodiab), Tolbutamide, Glibenclamide, Repaglinide (Prandin) or Nategliptin (Starlix), you are at risk of becoming 'hypoglycaemic'- low blood sugar levels (commonly referred to as 'hypo's'), because you are not able to follow your normal diet.

However, if you are taking any other tablets for your diabetes, there is a no risk of hypo's.

Insulin treated diabetes

Take your usual doses of insulin. Monitor your blood glucose levels four times (and more if needed). Treat any hypo's as per guidelines below:

For the treatment of hypoglycaemia (in adults), we recommend the following:

If your blood glucose is under 4mmol/l:

- take 15-20g of quick acting carbohydrate, (see table below).
- wait for 10-15 minutes and then test again, (after washing your hands)
- if your blood glucose is still under 4mmol/l, take a further 15-20g of quick acting carbohydrate
- wait for 10-15 minutes and test again

Quick acting carbohydrate	Amount that contains 15-20g carbohydrate (approximate figures)
Dextrose/glucose tablets	4-5 tablets
Lucozade (Energy original)	90-130mls
Lucozade (sport)	250-290mls
Maynards Wine Gums	4-5 sweets
Bassetts Jelly Babies	3-4 sweets
Fanta	200-290 mls
Ribena	150-200 mls
Cola (not diet)	150-190 mls

There is a possibility that your blood glucose level could drop again so once your blood glucose level is above 4mmol/l, it is important to eat some slow release carbohydrate containing food (approx. 15g of). If it is time for a meal then have your meal, otherwise you should have a snack for example:

- a piece of toast or
- 2 digestive biscuits or
- a small bowl of cereal or
- a piece of fruit

Remember: Something SWEET then something STARCHY.

Injectable (Non insulin) treatment: GLP1 - Liraglutide (Victoza), Lixisenatide (Lyxumia) and Exenatide (Bydureon) - Take your usual doses

Follow the diet instructions below:

Eat a light diet avoiding any food containing fibre, nuts or seeds. These include some cereals, wholemeal bread, salads and fruit. Drink as much clear fluid as you want. Because you are not eating your usual diet foods containing sugar are acceptable.

Suggested meal plan

Breakfast - fruit juice, Rice Krispies, Cornflakes with milk, white bread and butter, seedless jam or shredless marmalade.

Main meal - lean meat, chicken or fish with at least six tablespoon of white rice or two slices of white bread or two medium baked potatoes without the skin or six tablespoons of white pasta. No other vegetables. Milk pudding or smooth yoghurt.

Light meal - lean meat, eggs, cheese or fish. Jelly and ice cream, two slices of white bread.

Supper - plain biscuits or crackers.

The day before the examination

Tablet treated

- Take tablets as usual but omit Acarbose and Metformin

GLP1

- Omit

Insulin treated

About 8:00am drink at least one glass of clear fluids followed by the first dose of bowel preparation diluted in a further full glass of water. Take the second dose of bowel preparation about 4.00pm, again diluted in a full glass of water.

- Take your morning insulin dose with breakfast as usual - pre mixed or rapid acting – (breakfast as above).
- Take your long acting insulin dose (Lantus, Levemir, Insulatard, Degludec) as normal.

If after reading this information there are any questions you would like to ask please list below and ask your nurse or doctor.

Sources of information:

Conquest Hospital - Diabetic and Endocrinology Centre - Tel: 0300 13 14 500
Eastbourne District General Hospital - Diabetes Centre - Tel: (01323) 414902

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

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Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference:

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The following clinicians have been consulted and agreed this patient information leaflet:

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