

Diabetes management during Moviprep bowel preparation prior to Colonoscopy/flexible Sigmoidoscopy - Morning procedure

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 appropriate instructions will have been sent to you separately. You may need to adjust your diabetes medication to prevent you having a low blood sugar and this leaflet will give you advice on how to do this.

Your blood sugar levels may not be as well controlled as you are used to during your bowel preparation so do not worry. The main aim is to keep you free of hypo's (low blood sugar levels, less than 4 mmol/l). Your blood sugar levels should return to what you are used to a couple of days after the test.

The day before the examination

Insulin treated Patients

- Take your morning insulin with breakfast as usual (remember to only have foods suggested on your bowel prep instruction sheet)
- Have your normal breakfast dose of pre mixed insulin ie NovoMix 30
- Omit your lunchtime dose of Rapid acting insulin or pre-mixed insulin (if prescribed) as you are not eating lunch
- If you have had a morning dose of pre mixed insulin you will need to have 200 mls of carbohydrate containing fluid at the time you would normally eat lunch
- If you are on a pre mixed insulin ie Novomix 30 take half your evening dose and have 200 mls of a carbohydrate containing fluid
- Omit your evening meal Rapid acting insulin as you are not eating your evening meal.
- Inject your usual dose of Long acting Levemir(Detemir), Lantus(Glargine), Degludec (Tresiba) and Insulatard as normal

Please note

Because you are not eating your normal diet there is a risk of hypos. You should therefore test your sugars four times daily and more frequently if unwell. Similarly if you experience symptoms of hypo's (sweating, shaking, light head etc). Increase your fluid carbohydrate intake if your blood glucose level falls below 4 mmol/l. This can either be 100mls Fizzy drink (**Not** diet) or 35 mls Squash (**Not** no added sugar) or 100 mls Apple Juice.

Suggested fluid carbohydrate as a meal replacement

- 200 mls Normal (**Not diet**) fizzy drink
- 70 mls of Squash (**Not no added sugar**) made up with water. **This cannot be blackcurrant Squash.**
- 150 mls Apple Juice.

For patients treated with Tablets, Exenatide (Bydureon), Lixisenatide (Lyxumia) and Liraglutide (Victoza)

- Omit all oral diabetes medication the day prior to procedure

- Omit Liraglutide, Lixisenatide or Exenatide the day prior to procedure
- If you have a blood glucose meter check your blood sugar 4x daily

The day of the procedure

- Omit Rapid acting breakfast Insulin but continue with Long acting Levemir (Detemir), Lantus(Glargine), Degludec (Tresiba) and Insulatard. You can eat and have your usual insulin **after** the procedure
- Continue to monitor your blood glucose 4x daily
- If on Pre mixed insulin (i.e. Novomix 30) omit it first thing in the morning but do take it into hospital with you. If your procedure is over before 11 am take your usual morning Novomix 30 with a late breakfast.
- If your procedure is after 11 am take half your usual morning dose of Novomix 30 with an early lunch.
- You should be able to return to your usual doses of insulin post procedure.

For patients treated with Tablets, GLP1 eg Exenatide, Lixisenatide and Liraglutide

- Your morning dose of medication can be taken after the procedure with food so please take this medication into hospital with you.
- You can then return to your normal routine of taking your medication and injections.

Contact Number for advice

If in doubt please contact your Diabetes Specialist Nurse:

Conquest Hospital - Diabetes and Endocrinology Centre - Tel: 0300 131 4500

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

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

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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