

Diabetes management during Moviprep bowel preparation prior to Colonoscopy/Flexible Sigmoidoscopy - Afternoon 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 low blood sugar levels (hypo's). 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 - You are allowed to have breakfast as normal with your usual insulin dose.

You need to have eaten lunch by 13.00 hrs (remember to only have the foods suggested on your bowel prep instruction sheet). You are then not allowed to have any food until after the procedure.

- Take your morning insulin with breakfast as usual
- Take your usual lunchtime dose of Rapid acting insulin
- Have your normal breakfast dose of pre mixed insulin ie NovoMix 30
- If you are on a pre mixed insulin (i.e. 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
- Check your blood glucose prior to going to bed

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**), 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)

- Take morning medication for diabetes as usual
- Take lunchtime medication for diabetes as usual
- Omit Exenatide, Lixisenatide or Liraglutide the day prior to procedure
- If you have a blood glucose meter check your blood sugar 4 times daily

The day of the procedure

- Omit morning Rapid acting breakfast Insulin but continue with Long acting Levemir (Detemir), Lantus(Glargine), Degludec (Tresiba) or Insulatard.
- Continue to monitor your blood glucose 4x daily
- If on Pre mixed insulin (i.e. Novomix 30) take half your usual dose at breakfast time and have 200 mls of carbohydrate containing fluid from the recommended list above.
- Have 200mls carbohydrate containing fluid from recommended list at lunchtime.

Patients treated with Tablets, Exenatide, Lixisenatide and Liraglutide

- Omit all oral diabetes medication on the day of procedure
- Omit Exenatide, Lixisenatide and Liraglutide Injections if taken in the morning
- Following afternoon procedure return to usual medication regimen with your evening meal

Contact number for advice

If in doubt please contact your Diabetes Specialist Nurse

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

Eastbourne DGH - 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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