Information for patients

Bowel Cancer Screening Pre and Post Procedure Diabetic Instruction

This information is in addition to the instructions you have already received for bowel preparation. Please follow the instructions for bowel preparation carefully.

As a diabetic you are at an increased risk of having a 'hypo' (low blood sugar-symptoms include sweating, shakiness, blurred vision, lightheadedness) when not eating for any length of time.

One day before your colonoscopy

Follow the bowel preparation instruction provided and aim to replace your usual carbohydrate intake by drinking 100mls of any clear fluid that contains glucose every two hours throughout the afternoon and evening (such as apple juice or lemonade).

If your blood glucose level is less than four (<4 mmols/l) then you should have additional glucose drinks.

In the event of hypoglycaemia (Blood glucose less than 4.0 mmols/l)

- Drink 200mls of a sugary drink (small carton) such as smooth orange juice, 5 glucotabs, 6 dextrose tablets or 5 jelly babies.
- Recheck glucose level in 10 to15 minutes if you do not feel better or blood glucose is still less than 4.0 mmols/l repeat one of the treatments mentioned above up to three times.
- When you feel better with blood glucose above 4mmols/L, have **two plain** biscuits such as Rich tea or malted biscuits
- Continue with your bowel preparation as per instruction leaflet provided. If you suffer a hypo again (less than 4mmols/l) stop the bowel preparation, start eating and call the screening centre on **020 8869 3362.**
- If not improving or become unconscious, you will need immediate emergency treatment. Someone should dial 999 for an ambulance.

Oral combination drugs (Synjardy, Vipdomet, Competact)
Omit one day before the procedure and on the day of the procedure (either morning or afternoon appointment).

Sodium Glucose Co-Transporter 2 inhibitors (SGLT2i) like Dapagliflozin, Empagliflozin, Canagliflozin, Ertugliflozin. **STOP two days** before the procedure.

GLP1 RA and GIP/GLP1 coA (Trulicity, Ozempic, Wegovy, Mounjaro, Victoza) **Continue** with your medication if it is taken either for diabetes or weight loss management.

A table to explain how to change medications if you are diabetic:

Medication	One-day before the procedure	On the day - *morning procedure*	On the day - *afternoon procedure*
Acarbose	Take usual morning dose. Lunch and/or evening – half the dose	Omit	Omit
Meglitinide (Repaglinide or Nateglinide)	Take usual morning dose. Lunch and/or evening – half the usual dose.	Omit	Omit
Metformin (standard or MR)	Take usual morning dose. Lunch and/or evening – half the dose	Omit	Omit
Sulphonylureas: Gliclazide, Glimiperide, Glibenclamide, Glipzide	Take usual morning dose. Lunch and/or evening – half the dose	Omit	Omit
Pioglitazone	Take usual dose.	Take usual dose.	Take usual dose.
DPP4 Inhibitor: Sitagliptin, Linagliptin, Vildagliptin, Saxagliptin Alogliptin	Take usual dose.	Take usual dose.	Take usual dose.

INSULIN INJECTIONS:

Medication	Example	One-day before the procedure	On the day *morning procedure*	On the day *afternoon procedure*
Once daily long-acting (morning)	Abasaglar Humulin I Insulatard Insuman Basal Lantus Levemir Tresiba (U100) (U200) Semglee Toujeo (U 300) Xultophy	Reduce by one third	Reduce by one third, check blood glucose on admission	Reduce by one third, check blood glucose on admission
Once daily long-acting	As above	Reduce by one third	Re-start normal dose once eating and drinking after the procedure	Re-start normal dose once eating and drinking after the procedure
Once daily long-acting (evening/before bed)	As above	Reduce by one third	No dose adjustment necessary	No dose adjustment necessary

Twice daily long-acting insulin. (morning/evening/before bed)	As above	Give usual morning dose Reduce evening dose by one third	Give one third of morning dose, check blood glucose on admission Resume normal evening dose once Eating and drinking	Give one third of morning dose, check blood glucose on admission Resume normal evening dose once Eating and drinking

Premixed insulin	**Example**	**One-day before**	**On the day - *morning procedure***	**On the day - *afternoon procedure***
Twice daily Pre- mixed insulin	Humulin M3 Humalog mix 25 Humalog mix 50 Hypurin Porcine (30/70 Mix) Insuman Comb 15 Insuman Comb 25 Insuman Comb 50 Novomix 30	Give usual morning dose Evening – half dose	Omit morning dose ***If eating by lunch time give half of the morning dose*** Resume normal evening dose once eating and drinking	Halve morning dose Resume normal evening dose once eating and drinking
Three Times per day Pre- mixed insulin	As above	Give usual morning dose Lunch time – half the dose Evening – half the dose	Omit morning dose If eating by lunch time give normal dose Resume normal evening dose once eating and drinking	Halve morning dose Omit lunch time dose Resume normal evening dose once eating and drinking

Short acting	**Example**	**One-day before**	**On the day *morning procedure***	**On the day *afternoon procedure***
Short acting Insulin with meals (2-4 doses per day)	Actrapid Apidra Fiasp Humalog Humulin S Hypurin (Porcine Neutral) Insuman Rapid Lyumjev Novorapid Trurapi	Morning give normal dose Evening – half the dose	Omit morning dose ***If eating by lunch time give half of the morning dose*** Resume normal evening dose once eating and drinking	Half morning dose Resume normal evening dose once eating and drinking

If you have any questions, queries, or concerns with the diabetic instructions before your test please call the Screening Centre on **020 8869 3543** our hours are Monday to Friday 8:00am to 6:00 pm

AFTER THE PROCEDURE:

- Have a normal meal and please then start taking your diabetes medication and/ or insulin as normally prescribed.

- If you have any queries or concerns <u>after your test</u> regarding your diabetes, please seek guidance from your GP or diabetes specialist nurse.