Information for patients with diabetes attending for Colonoscopy/flexible Sigmoidoscopy

Guidance for adjustment of Insulin treatment

Preparation with MOVIPREP - no food from 9am the day before the test

An appointment has been made for you to come to the hospital for either a colonoscopy or a flexible sigmoidoscopy procedure.

You will have received an information leaflet about your bowel preparation the following is important information regarding your diabetes.

Please see overleaf for instructions about taking your insulin.

Before your procedure:

As you have diabetes, it is important that some of the clear fluids before your procedure contain carbohydrates/sugar. These should be used to ensure that your blood sugar levels stay above 4mmol/L.

The following list should help you.

Each of the following contains 10g of carbohydrate;

- Ordinary Lemonade (not diet) – 200ml
- Ordinary Squash – 100ml (made up ¾ water ¼ squash)
- Ordinary Coke – 100ml
- Ordinary Lucozade – 100ml.

Test you blood sugar regularly and treat any level below 4mmol/L with a sugary drink as above.

Whilst at the hospital:

- When you arrive you will have your blood sugar checked.
- Any concerns about your blood sugar level will be discussed with you.

Driving:

If you have diabetes and take Insulin injections or Gliclazide tablets you are at an increased risk of hypoglycaemia (low blood sugars) when not eating before your procedure.

Please test your blood sugar regularly and if possible do not drive to and from your appointment.

If you require further information please contact the Hospital Diabetes Team 01246 512113 or the Endoscopy Department on 01246 512869
Preparation with **MOVI-PREP**. No food from **9am** the day before the test.

<table>
<thead>
<tr>
<th>Usual insulin</th>
<th>Day prior to Procedure</th>
<th>Day of Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Once daily (evening)</strong> e.g. Lantus/Glargine, Levemir/Detemir.</td>
<td>Take normal dose</td>
<td>Take normal dose</td>
</tr>
<tr>
<td><strong>Once daily (morning)</strong> e.g. Lantus/Glargine or Levemir/Detemir.</td>
<td>Take normal dose</td>
<td>Take normal dose</td>
</tr>
<tr>
<td><strong>Twice daily isophane (morning &amp; evening)</strong> e.g. Insulatard, Humulin I</td>
<td>Take half normal morning dose. Take half normal evening dose</td>
<td>Take half normal morning dose after the procedure. Take normal evening dose.</td>
</tr>
<tr>
<td><strong>Once daily isophane (morning or evening)</strong>: e.g. Insulatard, Humulin I</td>
<td>Take half normal morning dose. Take half normal evening dose</td>
<td>Take half normal morning dose after the procedure. Take normal evening dose.</td>
</tr>
<tr>
<td><strong>Twice daily: Mixed insulin</strong> e.g. Novomix 30, Humulin M3, Humalog Mix 25, Humalog Mix 50</td>
<td>Take half normal morning dose. Take half normal evening dose</td>
<td>Take half normal morning dose after the procedure. Take normal evening dose.</td>
</tr>
<tr>
<td><strong>Basal bolus regimens</strong> <strong>Long and short acting insulin</strong> e.g. novorapid tds and glargine od,</td>
<td>Do not take short acting insulin whilst not eating</td>
<td>Continue basal/long-acting insulin unchanged. Do not take morning short-acting insulin and take usual short acting dose with next meal.</td>
</tr>
<tr>
<td><strong>3 times daily mixed insulin</strong> e.g. Novomix 30, Humulin M3</td>
<td>Take half normal morning dose. Do not take lunch time dose. Take half normal evening dose.</td>
<td>Do not take morning dose and take normal lunch-time dose with first post procedure meal. Take normal dose with evening meal.</td>
</tr>
<tr>
<td><strong>Insulin pump therapy or other insulin regimes</strong></td>
<td>Encourage patient to self manage. For advice contact the diabetes team</td>
<td></td>
</tr>
</tbody>
</table>

Diabetes – Colonoscopy MOVI – PREP 9am
Version 2
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Directorate: Surgical