

Bowel Cancer Screening Pre and Post Procedure Diabetic Instruction

Colonoscopy Patients

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.

DAY BEFORE 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 (e.g. apple juice, lemonade).

If your blood glucose level is less than five (<5) then you should have additional glucose drinks.

- In the event of hypoglycaemia (Blood glucose less than 4.0 mmols/l)
 - Drink 200ml of a sugary drink i.e. (small carton) of smooth orange juice, 5 glucotabs, 6 dextrose tablets or 5 jelly babies.
 - Recheck glucose level in 10-15 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 (2) plain** biscuits (ie. Rich tea or malted biscuits)
 - Continue with your bowel preparation as per instruction provided. If you suffer a hypo again (less than 4mmols/l) stop the bowel preparation, start eating and call the screening centre on **0208 869 3362**.
 - If not improving or become unconscious, you will need immediate emergency treatment. Someone should dial 999 for an ambulance.

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
<u>Sulphonylureas:</u> 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.
<u>DPP4 Inhibitor:</u> Sitagliptin, Linagliptin, Vildagliptin, Saxagliptin Alogliptin	Take usual dose.	Take usual dose.	Take usual dose.
<u>GLP1 Receptor Agonist:</u> Exenatide, Liraglutide, Dulaglutide Lixisenatide Semaglutide (Once Daily or once weekly administration) Oral Semaglutide (Rybelsus)	Take usual dose. Take usual dose.	Take usual dose. Take usual dose.	Take usual dose. Take usual dose.
<u>SGLT2 inhibitors</u> Dapagliflozin, Canagliflozin Empagliflozin Ertugliflozin	Omit	Omit	Omit

INSULIN:

Medication		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 (U 100) (U 200) 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 <i>If eating by lunch time give half of the morning dose</i> 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 <i>If eating by lunch time give half of the morning dose</i> Resume normal evening dose once eating and drinking	Half morning dose Resume normal evening dose once eating and drinking

AFTER THE PROCEDURE:

- Have a normal meal and please then start taking your diabetes medication and/or insulin as normally prescribed.
- If you start getting abnormal sugar readings- please seek guidance from your GP or diabetes specialist nurse.