

Colonoscopy: guidance for patients with diabetes

Information for patients

If you have diabetes and are being treated with tablets or injections, the nurse in the Endoscopy Unit will help you follow the guidelines below to adjust your diabetes medication to prepare for the colonoscopy procedure.

Please note: after the procedure, when you resume normal eating and drinking, you should resume your usual diabetes medication.

If you control your diabetes with diet alone, the instructions below will not apply to you. Please refer to the instructions in the main '[Colonoscopy: information for patients](#)' leaflet. You do not need to do anything else.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

What adjustments do I need to make to my diabetes medication for the procedure?

Please use the recommendations in this leaflet to complete the diabetes medication adjustment plan in the table below, at least two days before your procedure. This will be completed at your pre-assessment visit with the support of a clinician (nurse or doctor).

Personal medication adjustment plan

Reviewed by :

Date :

Usual diabetes medication	One day before colonoscopy Date :	Day of colonoscopy Date:

If you have type 1 diabetes and/or are using a continuous subcutaneous insulin infusion (insulin pump), please contact your diabetes nurse or doctor for support to adjust your insulin before the colonoscopy procedure. You can also get advice from the diabetes therapy network (DTN) website (<https://abcd.care/dtn/educational-resources-people-living-diabetes>).

Changing your diabetes medication may result in disruption of your glucose level for 24 to 48 hours after the procedure.

Blood glucose monitoring

People with diabetes who are treated only with tablets or GLP-1 injections, and who do not use insulin, do not usually need to do regular home blood glucose monitoring.

If your diabetes is treated with insulin you need to monitor your glucose regularly.

Contact your usual diabetes team or GP practice if you do not have a blood glucose meter.

On the day before and on the day of your procedure check your blood glucose level regularly:

- once when not eating solid food (after breakfast) and then at least every 4 to 6 hours.
- aim for your blood glucose levels to be between 5 and 15mmol/L.

Hypoglycaemia management

If your blood glucose level falls below 4 mmol/L, treat with a sugary drink such as 180mls of clear or fizzy sports drink or fruit juice, and recheck your blood glucose level after 15 minutes. If you have had hypoglycaemia treatment less than four hours before your appointment, please inform the nurse on arrival.

Recommendations for adjusting diabetes medication to prepare for a colonoscopy

If you take non-insulin diabetes medication (tablets and GLP-1 receptor analogue)

Tablets	On the day before colonoscopy <i>(clear fluids only after breakfast)</i>	On the day of colonoscopy <i>(clear fluids only until 2 hours before appointment time)</i>
Acarbose	Take morning dose only	Do not take morning dose – resume after procedure when eating and drinking
Meglitinides (for example, repaglinide or nateglinide)	Take with breakfast only (if eating)	Do not take morning dose – resume after procedure when eating and drinking
Metformin	Take as usual	Take as usual
Sulphonylureas (for example, glibenclamide, gliclazide, glipizide, glimepiride)	Take 50% of usual dose with breakfast only (if eating)	Do not take breakfast dose – resume after procedure when eating and drinking
Pioglitazone	Take as usual	Take as usual
DPP-4 inhibitors (for example, sitagliptin, vildagliptin, saxagliptin, alogliptin, linagliptin)	Take as usual	Take as usual
GLP-1 analogues (for example, exenatide, liraglutide, lixisenatide, dulaglutide, semaglutide)	Take as usual	Take as usual

Tablets	On the day before colonoscopy <i>(clear fluids only after breakfast)</i>	On the day of colonoscopy <i>(clear fluids only until 2 hours before appointment time)</i>
SGLT-2 inhibitors (for example, dapagliflozin, canagliflozin, empagliflozin, ertgliflozin)	Do not take	Do not take

If you take insulin treatment

Insulins	Frequency and timing of insulin	Day before your Colonoscopy <i>(clear fluids only after breakfast)</i>	Day of your Colonoscopy <i>(clear fluids only until 2 hours before the procedure)</i>
Basal (long-acting) insulin Abasaglar® Humulin I® Insulatard® Lantus® Levemir® Semglee® Tresiba® Toujeo® Xultophy® (combination of degludec and liraglutide) Suliqua® (combination of glargine and lixizenatide)	Once daily (morning)	Take 80% of usual dose of insulin (for example if your dose is 20 units take 16 units)	Take 80% of usual dose of insulin (for example if your dose is 20 units take 16 units)
	Once daily (evening or night)	Take 80% of usual dose (for example if your dose is 20 units take 16 units)	Take usual evening or night dose if eating and drinking has resumed (take 80% of usual dose of insulin if not eating)
	Twice daily (morning and night)	Take 80% of both morning and evening dose (for example if your dose is 20 units take 16 units)	Take 80% of usual dose of insulin in the morning Take usual evening dose if eating and drinking has resumed
Premixed insulin Humulin M3® Humalog Mix 25® Humalog Mix 50® Hypurin® Porcine 30/70 Mix NovoMix 30®	Twice daily (premixed insulins)	Take 50% of both morning and evening doses (for example if your dose is 20 units take 10 units) Note: contact your diabetes team if your dose is more than 25 units OR If you have type 1 diabetes.	Do not take morning (breakfast) dose – resume usual evening meal dose when eating and drinking Note: contact your diabetes team if your dose is more than 25 units OR If you have type 1 diabetes.

Insulins	Frequency and timing of insulin	Day before your Colonoscopy <i>(clear fluids only after breakfast)</i>	Day of your Colonoscopy <i>(clear fluids only until 2 hours before the procedure)</i>
Premixed insulin Humulin M3® Humalog Mix 25® Humalog Mix 50® Hypurin® Porcine 30/70 Mix NovoMix 30®	Three times daily (premixed insulin)	Take 50% of usual dose (for example if your dose is 20 units take 10 units) Note: contact your diabetes team if your dose is more than 25 units OR If you have type 1 diabetes.	Do not take morning (breakfast) dose Take usual lunch dose if eating and drinking Take usual evening meal dose if eating and drinking Note: contact your diabetes team if your dose is more than 25 units OR If you have type 1 diabetes.
Quick acting insulin Actrapid® NovoRapid® Apidra® Fiasp® Humalog® Humulin® S Hypurin® Porcine Neutral Lyumjev®	Quick acting insulin before meals	Take usual dose before breakfast if eating. Do not take lunch and evening meal dose if not eating Note: if you have type 1 diabetes contact your diabetes specialist team.	Do not take breakfast dose Do not take lunch dose if not eating Take usual evening meal dose if eating and drinking Note: if you have type 1 diabetes contact your diabetes specialist team.

If you have any questions, such as what to do about diabetes medication, contact your usual diabetes care provider. Please do this well in advance of your appointment.

If you want to change your appointment or need another information leaflet, contact the relevant Endoscopy Unit Reception, 9am to 5pm, Monday to Sunday.

- King's College Hospital reception, tel: 020 3299 3599
- PRUH reception, tel: 01689 864120 (male)
- PRUH reception, tel: 01689 864723 (female)

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net