

Patient Information

Endoscopy Unit

Guidance for Patients with diabetes having a Colonoscopy or Sigmoidoscopy

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 patient with diabetes the best time for your appointment should be first thing in the morning, if you have been given an afternoon appointment or later in the morning please contact the Endoscopy Unit to get it changed.

As a diabetic patient you are at an increased risk of having a “hypo” (low blood sugar- when not eating for any length of time. Symptoms include sweating, shakiness, blurred vision or feeling light headed). To avoid this we recommend you follow the instructions below and regularly check your blood sugar. Please make sure you have additional glucose drinks/glucose tablets at home.

Examples of suitable glucose drinks include; Lucozade, fizzy drinks and fruit juices.

Patients on insulin

Two days before colonoscopy:

Follow the dietary instructions in your information leaflet and continue your insulin regime as usual. However if you take a bedtime insulin please reduce this by half.



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One day before colonoscopy:

- Have a light breakfast from yesterday's allowed list (On your colonoscopy information sheet).
- Take your morning insulin with your breakfast.
- Once you commence fluids only, reduce your insulin doses by half.
- You can continue drinking plenty of fluids right up until the procedure. Make sure you have glucose drinks regularly (i.e. 100mls of glucose drink every two hours).
- Check your blood sugar regularly if you are able.

Day of colonoscopy:

- Continue with fluids only.
- **DO NOT** take your morning insulin but bring it with you to the hospital.
- Check your blood sugar before attending the hospital.
- After your procedure you can take your insulin and a nurse will make you some tea and toast.

Patients on diabetic tablets

Two days before colonoscopy:

Follow the dietary instructions in your information leaflet and continue your diabetic tablets as normal.

One day before colonoscopy:

- Have a light breakfast from yesterday's allowed list and take your morning tablets.
- Once you commence fluids only, **DO NOT** take Metformin tablet until you are eating normally.
- If you take Gliclazide, Glibenclamide, Tolbutamide, Rapaglanide or Glimepiride **DO NOT** take the evening dose.

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Day of colonoscopy:

- Continue with fluids only. **DO NOT** take your morning diabetic tablet but bring them with you to the hospital.
- After your procedure you can take your tablets and a nurse will make you some tea and toast

Patients controlled by diet only:

Need only to follow the dietary instructions to prepare for your bowel test.

Further Information

If you have any concerns about adjusting your dose please contact your diabetic nursing team or your GP.

If you need more information about the Endoscopy procedure please contact the Unit on 024 7696 6755.

This booklet is based on information produced by the British Society of Gastroenterologists and has been adapted for UHCW NHS Trust by Sakina Lyall, Endoscopy Nurse and Joe Colby Lead Nurse for Gastroenterology.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Endoscopy
Contact:	26755
Updated:	July 2021
Review:	July 2023
Version:	5
Reference:	HIC/LFT/1425/12