

How to manage your diabetes if you are having a Colonoscopy

Information Leaflet

General advice

- You should not drive to or from the hospital.
- You should check your blood sugar before leaving home.
- You should bring all your diabetic medications (including insulin) with you.
- Please bring your blood glucose monitor with you if possible.

The day before the procedure

Please follow the advice provided about low residue food.

Bowel preparation should be taken as instructed.

You should check your blood sugar (BG) every 4 hours.

You may continue to use flash glucose monitoring (Eg Freestyle Libre) and continuous glucose monitoring (Eg Dexcom) if these are your normal home monitoring method.

Carbohydrate rich drinks should be used regularly to maintain blood sugar levels e.g.

- 200mL Full sugar Coke/Pepsi/Lemonade (full can of Coke/Pepsi/Lemonade is 330mL)
- 200mL apple juice
- Sugar water – 4 teaspoons sugar dissolved in 200mL water
- 200mL full sugar Ribena – use 30mL (2 tablespoons Ribena and dilute with water to total volume of 200mL)

The day of the procedure

You should not have anything to eat after midnight.

You may take clear fluids (drinks without milk) for up to 2 hours before the procedure.

Hospital staff are required to do capillary blood glucose finger prick testing before the procedure and as required during the procedure for all patients regardless of their home monitoring method.

How to manage medications – for patients on tablets

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
Acarbose	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications
Meglitinide (Repaglinide or nateglinide)	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications
SGLT-2 inhibitors (Empagliflozin, dapagliflozin, canagliflozin, ertugliflozin)	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications
Metformin	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
Sulphonylureas (Glibenclamide, glipizide, gliclazide, glimepiride)	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications
Pioglitazone	Take as normal	Do NOT take	Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications.
DPP-4 inhibitor (Sitagliptin, saxagliptin, vildagliptin, linagliptin)	Take as normal	Do NOT take	Do Do NOT take	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications.

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
GLP-1 analogues exenatide (Byetta®), liraglutide (Victoza®), dulaglutide (Trulicity®), semaglutide (Ozempic®) and including oral semaglutide (Rybelsus®).	Take as normal	Take as normal	Take as normal	Do NOT take	Do not take any missed doses. Once eating normally restart your normal medications

How to manage medications – for patients on insulin

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
Once daily or a part of basal bolus regime (morning dose) Glargine (Lantus®/Toujeo®), Levemir®, Tresiba®, Insulatard® or Humulin I®	Take as normal	N/A	N/A	Reduce dose by 20%	Take next dose as normal

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
Once daily or as part of basal bolus regime (evening dose) Glargine (Lantus®/Toujeo®), Levemir®, Tresiba®, Insulatard® or Humulin I®	N/A	N/A	Take as normal	N/A	Take next dose as normal
Twice daily Novomix 30®, Humulin M3®, Humalog Mix 25®, Humalog mix 50®	Take as normal	N/A	Take ½ (half) of your normal dose	Do NOT take	Take ½ (half) of your normal morning dose with food straight after your procedure. Take your evening dose as normal.

Medication	The day before your procedure (morning)	The day before your procedure (lunchtime)	The day before your procedure (evening)	The morning of your procedure	After your procedure
Three times daily (as part of basal bolus regime) Novorapid®, Humalog®, Apidra®, Fiasp®, Humulin S®, Actrapid®, lyumjev®	Take as normal	Take ½ (half) of your normal dose	Take ½ (half) of your normal dose	Do NOT take	Take your usual lunchtime dose
Insulin pumps	Contact Diabetes Specialist Nurses: Tel: (0151) 678 5111 Extension 2484				

Correction of Hypoglycaemia (Hypos)

If symptoms of hypoglycaemia (hypo) develop and/or a blood sugar of less than 4mmol/L, give 15-20g quick acting carbohydrate e.g.:

- 4 Dextro Energy Classic tablets or 5 Lift tablets
Repeated 10 minutes later if blood sugar (BG) still <4.
- 1 Lift glucose shot or 200mL of clear fruit juice (e.g. apple juice) or 200mL full sugar Coke/Pepsi/lemonade or 4 heaped teaspoons of sugar dissolved in water.
Repeated 10 minutes later if blood sugar (BG) still <4
- This may mean the procedure is postponed

If the blood sugar remains low after 3 cycles of above or 45 minutes please seek emergency medical help.

After the procedure

Bloods sugars may be slightly higher than normal for 24 hours but should then return to normal.

This leaflet is available in large print, Braille and on tape.
Please contact 0151 604 7289.

This information is also available in other languages,
please contact a member of staff for details.



Wirral University Teaching Hospital NHS Foundation Trust operates a
No Smoking Policy.

Please refrain from smoking on site.

Author:	Gastroenterology and Diabetes Consultants
Date of Publication:	February 2023
Date for Review:	November 2025

WAA1084 How to manage your diabetes if you are having a Colonoscopy **Do Not Copy.**
Please quote WAA number when re-ordering