

## Diabetes Management Pre-Procedure COLONOSCOPY +/- GASTROSCOPY

Please read the following instructions carefully.

- Because you will be taking only fluids from the afternoon the day before the procedure, you may need to temporarily adjust your diabetes medication the day before and the day of the procedure to prevent your blood sugar becoming too low (hypo or hypoglycaemia). You should resume your normal dose of diabetes medication once you have started eating again after the procedure, unless otherwise advised by your doctor.
- If you check your blood sugars at home, please make sure that you check them at least every 4 hours once you are on clear fluids only
- Ensure that you drink some sugary clear fluids to replace the evening meal, for example: 4 glucose tablets or 150ml of a sugary drink (apple juice, lemonade, lemon cordial, Gatorade-type drink).

### Diabetes controlled with tablets or non-insulin injections

- **Are you on a GLP-1 agonist (Ozempic, Wegovy, Mounjaro, Victoza, Saxenda, Trulicity):**
  - See appropriate instruction sheet – please ask our staff
- **Two days before procedure:**
  - Do not take SGLT-2i medications. These include:
    - Dapagliflozin (Forxiga, Xigduo)
    - Empagliflozin (Jardiance, Jardiamet)
    - Ertugliflozin (Steglatro)
    - Xigduo, Jardiamet, Segluromet (with Metformin)
    - Glyxambi, Qtern, Steglujan (with Gliptins)
- **Day before procedure:**
  - **Morning medications:**
    - Take your usual doses of all tablets/injections in the morning (excluding above SGLT-2i medications)
  - **Evening medications:**
    - Do not take:

Gliclazide (Diamicron, Glyade)
Glibenclamide (Daonil, Glimel, Glucovance)
Glipizide (Minidiab)
Glimepiride (Amaryl, Dimirel, Diapride)

- Any other diabetes tablets/ injection should be taken at the usual dose in the evening.

Metformin (Diabex, Diaformin, Metex)	Pioglitazone (Actos)
Sitagliptin (Januvia, Janumet)	Rosiglitazone (Avandia)
Linagliptin (Trajenta, Trajentamet)	Exenatide (Byetta, Bydureon)
Alogliptin (Nesina)	Liraglutide (Victoza)
Saxagliptin (Onglyza, Komibglyze)	Acarbose (Glucobay)
Vildagliptin (Galvus, Galvumet)	

- **Morning of the procedure:**
  - Do not take any of your diabetes tablets/injections until after the procedure
- **Once you are able to eat and drink, restart your medication when the next dose is due.**

## **Diabetes controlled with insulin**

If you take tablets and insulin together you should follow the instructions for both.  
The following information is to help guide you.

- **Intermediate and Long-acting Insulin (Lantus, Levemir, Protaphane, Humulin NPH)**
  - **Day before the procedure:**
    - Give your morning dose as usual with no dose reduction
    - Give 80% of your normal evening dose (dose of \_\_\_\_\_ units)
  - **Day of the procedure:**
    - Lantus and Levemir: give 80% of your normal morning dose (dose of \_\_\_\_\_ units)
    - Protaphane/ Humulin NPH:
      - Type 1 Diabetes: Give 80% of your normal morning dose (dose of \_\_\_\_\_ units)
      - Type 2 Diabetes: Do not give your morning dose
- **Pre-mixed Insulin (Mixtard, Novomix, Humulin 30/70, Humalog Mix25)**
  - **Day before the procedure:**
    - Give your morning dose as usual with no dose reduction
    - Give half your normal evening dose (dose of \_\_\_\_\_ units).
  - **Day of the procedure:**
    - Type 1 Diabetes: give half of your normal morning dose (dose of \_\_\_\_\_ units)
    - Type 2 Diabetes: do not give your morning dose.
- **Short-Acting Insulin (Novorapid, Actrapid, Humalog, Apidra, Humulin R)**
  - **Day before the procedure:**
    - Give your morning and lunch time doses as usual. Your dosage may need to be reduced by 25-50% while your food intake is reduced (dose range \_\_\_\_\_ units)
    - Give half your normal evening dose while you are taking clear fluids (Dose of \_\_\_\_\_ units).
  - **Day of the procedure:**
    - Do not give your morning dose.
- **Insulin Pumps**
  - Continue at your usual basal rate once you are on clear fluids only and discuss the procedure with your diabetes educator or endocrinologist
  - Make sure procedure staff, including anaesthetists are aware of your insulin pump when you are admitted on the day of your procedure, as they must be able to turn the pump off during the procedure in an emergency.

## **Low blood sugars (hypoglycaemia/ hypo)**

If you have symptoms of low blood sugar, please check your blood sugar. If it is less than 4mmol/L, take something sugary, for example 4 glucose tablets or 150ml of a sugary drink (apple juice, Gatorade-type drink).

**Please bring your medication (tablets and insulin) with you to your procedure**

You will be able to take your usual diabetes medication following the procedure when you resume a normal diet

**If you are unclear with these instructions, please contact our office on 55 746 133 or  
discuss with your GP or Diabetes Specialist**