Colonoscopy procedures: advice for patients with diabetes

**General advice**

When you undergo a procedure, you may need to adjust your diet and also your diabetes medications. This could upset your blood glucose levels as a result. The levels should return to normal within 24-48 hours after the procedure, so don’t worry about the temporary changes.

If you normally check your blood glucose levels, please continue to do so. You may need to check more often, especially if you have any symptoms of hypoglycaemia.

If you use Freestyle Libre for monitoring, you can continue to do so. When you attend the endoscopy unit, staff will use a blood glucose finger prick test to monitor you.

Suitable replacement sugar drinks are lucozade, apple/orange juice, diluted fruit squash.

If you experience hypoglycaemia, take 3-5 glucose tablets or 220ml Lucozade and recheck your glucose level 10 minutes later. Tell the endoscopy staff if you have any symptoms of hypoglycaemia whilst you are waiting in the unit.

On the day of your appointment, bring your glucose meter and any diabetes tablets or insulin you use so you can continue with it as soon as possible after the procedure.

**Before a colonoscopy**

If your diabetes is managed by diet alone

No changes are required

If you use tablets and/or non-insulin injectable medications (e.g. Ozempic (Semaglutide), Victoza (liraglutide), Byetta/Bydureon (exenatide), Trulicity (dulaglutide))

The day before of the procedure:

* Take usual diabetes medication in the morning
* If taking an SGLT2-inhibitor (e.g. empagliflozin, dapagliflozin, canaglifozin) – do not take this the day before your procedure
* Omit all your evening doses of diabetes medications

The day of the procedure

* Omit all oral and non-insulin injectables
* Restart usual medication doses at normal times when eating and drinking again

If you use insulin for diabetes – morning procedure

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| Insulin & Frequency | **Day before procedure** – eat breakfast, then clear fluids only after then | **Day of procedure** – clear fluids only until after procedure |
| **Basal insulin – once daily evening**  (e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | Take 80% of usual insulin dose at usual time | Take 80% of your normal dose in the evening after the procedure |
| **Basal insulin – once daily morning**  (e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | Take 80% of usual insulin dose at usual time | Take 80% of your normal dose on the morning of your procedure |
| **Twice daily basal insulin**  (e.g. levemir, Humulin I) | Take 80% of normal doses | Take 80% of normal doses |
| **Twice daily mix insulin**  (e.g. Novomix 30, Humulin M3, Humalog mix 25 or 50)  \*note - if Type 1 DM and taking a mix insulin, contact diabetes team for advice\* | Take half of usual insulin doses | Omit morning dose.  Take half usual dose with lunch after the procedure  Take usual dose with evening meal |
| **Bolus insulin with meals**  (e.g. NovoRapid, Lispro, Humalog, Admelog, Apidra, TruRapi, Fiasp, Lyumjev) | Take normal breakfast dose, then half usual lunch and evening meal insulin doses with replacement sugar drink  If you carbohydrate count, continue to dose adjust your bolus insulin according to your carbohydrate intake | OMIT all rapid bolus insulin until eating again, then resume normal doses |

**If you use an insulin pump**

Please contact your diabetes team for specific advice

**If your diabetes medication is not listed here**

Please contact your diabetes team for specific advice

If you use insulin for diabetes – afternoon procedure

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| Insulin & Frequency | **Day before procedure** – eat breakfast & lunch, then clear fluids only after then | **Day of procedure** – clear fluids only until after procedure |
| **Basal insulin – once daily evening**  (e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | Take 80% of usual insulin dose at usual time | Take 80% of your normal dose in the evening after the procedure |
| **Basal insulin – once daily morning**  (e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | Take 80% of usual insulin dose at usual time | Take 80% of your normal dose on the morning of your procedure |
| **Twice daily basal insulin**  (e.g. levemir, Humulin I) | Take 80% of normal doses | Take 80% of normal doses |
| **Twice daily mix insulin**  (e.g. Novomix 30, Humulin M3, Humalog mix 25 or 50)  \*note - if Type 1 DM and taking a mix insulin, contact diabetes team for advice\* | Take usual dose of morning insulin with breakfast  Take half of usual evening dose with replacement sugar drink | Take half of your usual morning dose with replacement sugar drink  Take usual dose with evening meal |
| **Bolus insulin with meals**  (e.g. NovoRapid, Lispro, Humalog, Admelog, Apidra, TruRapi, Fiasp, Lyumjev) | Take normal breakfast and lunch time dose, then half evening meal insulin dose with replacement sugar drink  If you carbohydrate count, continue to dose adjust your bolus insulin according to your carbohydrate intake | Take half breakfast meal insulin dose with replacement sugar drink  Omit further does of bolus insulin until eating and drinking again as normal after procedure |

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