

Diabetes and Bowel Prep



Health
Northern Sydney
Local Health District

One week prior to admission

Ensure you have enough diabetes medication.

If you monitor your blood glucose levels ensure you have enough blood glucose test strips.

Obtain several cans/bottles of normal sugar sweetened lemonade.

Check your blood glucose levels a minimum of twice a day. Monitor more frequently when fasting or during the period of bowel preparation.

Contact your Doctor if your blood glucose levels remain elevated above 14.0 mmol/L for more than 24 hours.

Two days prior to admission

Cease SGLT2 class medications. Do not take any of the following tablets: **Forxiga (Dapaglifozin), Jardiance (Empaglifozin), Xigduo XR (Dapaglifozin / Metformin), Glyxambi (Empaglifozin / Linagliptin), Jardiamet (Empaglifozin / Metformin) or Qtern (Saxagliptin/Dapaglifozin).**

The day before the procedure

Do not take any diabetes tablets.

Patients taking non-insulin injectables: Do not take **Byetta (Exenatide), Bydureon (Exenatide) or Trulicity (Dulaglutide).**

If you take **insulin** you will generally need to reduce the dose.

If you take once a day or twice day long-acting insulin e.g. Lantus (Glargine), Toujeo (Glargine), Levemir (Detemir), Protaphane (Isophane), Humulin NPH (Isophane) take the normal dose if taken in the morning, take half the dose if taken in the evening.

Do not take any short or rapid acting insulin e.g. **Novorapid (Aspart), Humalog (Lispro) or Apidra (Glulisine).**

If you take **Pre-mix insulin** e.g. **Mixtard 30/70 (Neutral/Isophane), Novomix 30 (Aspart/Protamine), Humalog Mix 25 (Lispro/Protamine), Humalog Mix 50 (Lispro/Protamine), Ryzodeg 70/30 (Degludec/aspart)** take half the usual doses.

Monitor your blood glucose levels every two hours during the day from rising until bedtime.

If your levels become unstable – frequently low (less than 4.0 mmol/L) or higher than 14.0 mmol/L contact your doctor or diabetes team for advice.

Patients may be able to eat certain white (or low residue) foods the day prior to the procedure. Please follow the instructions provided to you by the Endoscopy Unit.

You can continue to drink 200 mL clear fluids per hour up until 2 hours prior to your expected arrival time unless you have been advised otherwise by your Doctor / Endocrinologist.

Allowable clear fluids include diet cordial, diet lemonade, water, tea or coffee with no milk or sugar (artificial sweetener acceptable). Do not consume jelly or chewing gum or fluids containing red, blue or purple colouring.

On the day of the procedure:

Two hours prior to your expected arrival time do not drink (unless necessary to treat low blood glucose levels).

Do not take any diabetes medications.

Patients treated with insulin

Tell hospital staff as soon as you arrive at hospital that you have diabetes and take insulin.

Patients having morning procedures

Do not take any insulin in the morning but bring it with you. You may be given a reduced dose of insulin on arrival and possibly intravenous solution containing glucose to replace your normal food intake

Patients having their procedure in the afternoon

If you normally take long-acting or pre-mix insulin in the morning e.g. Lantus, Levemir Protaphane, Humulin NPH, Mixtard 30/70, Novomix 30, Humalog Mix 25/50, Ryzodeg 70/30 (Degludec/aspart) take half your normal dose.

Do not take any short or rapid acting insulin e.g. Novorapid, Apidra or Humalog.

Bring your insulin with you to the hospital.

What to do after discharge

Do not take the following tablets for 2 days after the procedure or as instructed by your doctor: Forxiga, Jardiance, Xigduo XR, Glyxambi, Jardiamet or Qtern.

Other medication

Resume normal diet and diabetes medication when you get home.

Check your blood glucose levels 2 - 4 times a day for at least one week. Remember blood glucose levels may rise due to the stress of the procedure.

Patients discharged after bowel prep.

Arrange for an adult family member or a friend to take you home and stay with you until the following day.

(If this is not possible it might be necessary to postpone the procedure).

Contact your Doctor or diabetes specialist if:

- You are monitoring and your blood glucose levels rise above 14.0 mmol/L for longer than 24 hours, (longer than 8 hours if you have Type 1 Diabetes).
- If you are experiencing frequent hypoglycaemia.
- You experience vomiting for more than 2 hours.

Contact the hospital if you have any such problems within 24 hours of discharge.

Organise a follow-up appointment with your Doctor / diabetes specialist within one week of the procedure.

Low blood glucose levels (Hypoglycaemia)

If your blood glucose levels fall below 5 mmol/L at any time during the period of bowel prep drink 200 mL of normal sweetened lemonade (not diet) and recheck blood glucose levels in 15 mins. Repeat as necessary.

Ensure you tell staff when you arrive about the hypo and how you treated it.

Patients with unstable diabetes may be admitted to hospital prior to a medical procedure or during the bowel preparation period.

It is strongly recommended that you arrange an appointment to discuss the management of your diabetes with your Doctor or diabetes specialist as soon as possible before the planned procedure.

Write down instructions from your Doctor:

