Contact details

Diabetes nurses.
Direct tel: 020 3447 9347 (answer phone)
Switchboard: 0845 155 5000 or 020 3456 7890  Extension: 79347
University College London Hospital, 235 Euston Road, London, NW1 2BU
www.uclh.nhs.uk

For further information

If you require any further information go to www.nhs.uk

UCL Hospitals cannot accept responsibility for information provided by external organisations.

Low sugars (hypoglycaemia/hypo)

If your blood sugar level goes below four (4mmol/L) take something sugary, for example:

150-200mls lucozade, 4-5 Glucotabs or 5-6 Dextrose tablets

If you have been admitted to hospital in the last month because of your diabetes or if your blood sugar levels are unstable please contact the diabetes nurses. Please bring your diabetes tablets and/or insulin and monitoring equipment into hospital with you. If you have any questions about this advice please call the diabetes nurses at University College London Hospital before the colonoscopy.

Information for patients and carers

Advice for people with diabetes when taking bowel preparation medication for a colonoscopy

If you need a large print, or a translated copy of this document, please contact us on 0845 155 5000 or 020 3456 7890 ext 79006 and we will try our best to meet your needs.
Important information for each patient

You are coming into hospital for a colonoscopy. This means having bowel preparation and clear fluids before the procedure.

Usually people with diabetes have an appointment for a colonoscopy in the morning, if you have an afternoon appointment please call the Gastroenterology Department on 0845 155 5000 ext 73218 or 73247 and they will make the necessary arrangements.

You will already have received your bowel preparation and dietary instructions.

You may need to adjust your diabetes treatment which may cause your blood sugar levels to be a bit higher than normal for you. Don’t worry they should return to your normal levels in 24-48 hours.

If you normally check your blood sugars level you should continue to do so and will probably need to check them more often. We recommend that you check them before each meal time, before going to bed and if you feel that your blood sugar level is going low.

You will not be able to drink for two hours before your colonoscopy; if you have a low sugar you may treat it with the suggestions on the back of this sheet.

1. If your diabetes is treated with diet alone simply follow the bowel preparation instructions.

2. If your diabetes is treated with tablets alone do the following.
   - Day before the colonoscopy
     Morning- Take diabetes tablets as normal.
     Midday/lunchtime- Take diabetes tablets as normal.
     Evening- Do not take any diabetes tablets.
   - Day of the colonoscopy
     Morning- Do not take any diabetes medication until after the colonoscopy.

3. If your diabetes is treated with insulin with or without tablets do the following.
   For the tablets follow advice from section two. For insulin please do the following;
   Once a day insulin – background insulin only (if taken in the evening/bedtime)
   - Day before the colonoscopy
     Evening/bedtime- Take half your normal dose of insulin
   - Day of the colonoscopy
     Evening/bedtime- Take your normal dose of insulin.

   Twice a day insulin.
   - Day before the colonoscopy
     Morning- Take your normal dose of insulin
     Evening- Take half your normal dose of insulin.
   - Day of the colonoscopy
     Morning- Do not take any insulin
     Evening- Take your normal dose of insulin with your evening meal.

   Four times a day insulin.
   - Day before the colonoscopy
     Morning- Take normal dose of insulin
     Lunch- Take normal dose of insulin
     Evening- Do not take quick acting insulin
     Bedtime- Take half your normal dose of long acting insulin.
   - Day of the colonoscopy
     Morning- Do not take quick acting insulin.
     Take your usual dose of insulin once you start eating and drinking, then return to normal regime.