

## Advice for the Diabetic Patient

If you have any questions about controlling your diabetes whilst preparing for your Colonoscopy, please contact your diabetes care team or the Endoscopy Unit.

### **If you take insulin please follow the instructions below;**

Type 1 diabetes or on more than two injections of insulin a day – contact the diabetes team for advice.  
Rotorua – 07 348-1199 ext 8877  
Taupo – 07 348-1199 ext 5926

### **If you take one or two injections of insulin a day:**

#### **The day before your Colonoscopy:**

- Reduce your insulin by half.
- Please check your blood sugar level every 2-3 hours before the procedure if you are able to. Especially before bedtime and when you wake up in the morning.
- Please keep your blood sugar level above 6mmol/L by taking regular sugary drinks.
- Please have some glucose tablets, small can of Coke (not diet), jelly babies/beans (avoiding red ones) with you at home and whilst travelling to the hospital, in case of hypoglycaemia.

#### **If you have a morning appointment**

- Do not take your morning dose of insulin on the day of the procedure.
- Please bring a snack with you, along with your insulin, for after the procedure.

#### **If you have an afternoon appointment**

- Take half the usual dose of insulin in the morning of your procedure.
- Please bring a snack with you, along with your insulin, for after the procedure.

## Information for Patients taking Diabetic Tablets

If you take **Metformin** please continue to take as usual.

If you take **Janumet, Acarbose (Glucobay), Exenatide (Byetta), Pioglitazone (Pizaccord, Actos), or Sitagliptin (Jenuvia)**, please do not take your tablet the morning of the colonoscopy. Please bring a snack with you along with your tablets.

If you take diabetic medication such as **Gliclazide (Apo-Gliclazide Diamicron), Glibenclamide (Daonil) or Glipizide (Minidiab):**

- Do not take your tablets the night before and the morning of the procedure.
- Please check your blood sugar level every 2-4 hours especially before bedtime and when you wake up in the morning. Please keep your blood sugar level above 6mmol/L by taking regular sugary drinks.
- Please have some glucose tablets, Lucozade, small can of Coke, jelly babies/beans (avoiding red ones) with you at home and whilst travelling to the hospital, in case of hypoglycaemia.

Remember to increase your fluids whilst taking your bowel preparation. It is important to drink sugary and savoury drinks (i.e. Bovril and Oxo).

## About the Consent Form

Before a doctor or healthcare professional examines or treats you, they will need to gain your consent. This will be required in writing. If you later change your mind, you are entitled to withdraw consent even after signing.

### **What should I know before deciding?**

The Endoscopist or Health Professional will ensure you know enough information about the colonoscopy to enable you to decide about your treatment. They will write this information on the consent form as well as discussing choices of treatment with you. We encourage you to ask questions and inform us of any concerns that you may have. It may be helpful for you to write these down as a reminder.

### **What are the key things to remember?**

It is your decision! It is up to you to choose whether or not to consent to what is being proposed. Ask as many questions as you like and please express any concerns about medication, allergies or past medical history.

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# **Extra Information for Diabetic Patients undergoing Colonoscopy**

To be read along with Information Brochure  
“How to Prepare for your Colonoscopy”

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