



## Colonoscopy (1 of 2)

Information for patients with diabetes controlled by tablets, or taking GLP1 agonists (Byetta/ Victoza/Lixisenatide/Bydureon or Trulicity)

Please also refer to the general colonoscopy information sheet and bowel prep guidance sheet. It is very important that you follow the advice on diet and fluids and when to take your bowel prep.

We hope that this leaflet tells you all you need to know in the lead up to your colonoscopy.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer-care@salisbury.nhs.uk](mailto:customer-care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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### Will I get a low sugar as I am eating less?

For most diabetes tablets and GLP1s the risk of low blood sugar is small even if you are eating less than normal. However, if you take a sulphonylurea (such as gliclazide or glimepiride or glipizide) the risk of a low blood sugar is greater and you need to be aware of this.

### If my sugar is low what will this feel like and what should I do?

You should have been given the leaflet 'Hypoglycaemia' which will guide you about symptoms to look out for and how to treat a low blood **sugar if this does happen.**

**If you have episodes of low blood sugar in the days leading up to your colonoscopy, we suggest that you discuss this with your GP team or the diabetes nurses** (telephone 01722 336262 ext 2176 – please leave your name and number, they will call you back). They will advise you how to **change your treatment to reduce the chance of a low sugar happening again.**

### Do I need to be checking my sugars to make sure they are not dropping too low?

**If you are already monitoring your blood sugars, we suggest that you** check these before meals and before bed in the days leading up to your colonoscopy to make sure the sugar is not low.

**Endoscopy Unit  
01722 336262 ext 2161**

**If you are not monitoring your sugar at the moment but are on a sulphonylurea** then we suggest talking to your diabetes nurse at the practice about this – it might be worth considering doing this for the few **days leading up to your colonoscopy**.

**If you are taking Dapagliflozin, Canagliflozin or Empagliflozin we would recommend that you should stop these drugs during the preparation for a colonoscopy during the period when you are eating less than normal – these should only be restarted once you are eating normally again after the colonoscopy.**

If you are not on a sulphonylurea the risk of a low sugar is small – you need to know what symptoms to look out for but we would not suggest that you necessarily need to be checking **your sugar routinely leading up to your colonoscopy**.

The following table gives you guidance what to do with your diabetes treatment in the days **leading up to your colonoscopy:-**

Time	Food	Diabetes Treatment
3 days before procedure	Low residue diet as per diet sheet – each meal should contain some carbohydrate (eg potato/bread/cereals)	Continue usual diabetes tablets Continue byetta/victoza/lixisenatide if on any of these
2 days before procedure	Same as above	Same as above
Day before procedure	Take bowel prep as instructed and follow diet advice	Take diabetes tablets as normal at breakfast. Take dose of byetta/victoza/lixisenatide if on this at breakfast time Take no further diabetes tablets or byetta/victoza/lixisenatide until after procedure
Day of colonoscopy	Follow advice on diet sheet pre procedure. Back on to usual diet afterwards	No diabetes tablets/byetta/victoza/lixisenatide until after procedure
After the colonoscopy		Continue usual diabetes treatment