

Instructions for Patients on Medication for Diabetes

Type of medication	Instruction															
SGLT2 inhibitors drug, name ending with gliflozin. (Either by themselves or combined with another diabetic medication) Dapagliflocin (Foxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), Xigduo, Qtern, Jardimet, Glyxambi, Segluromet and Steglujan.	Stop taking these medications starting from two days before your colonoscopy until after the procedure. Recommence the usual dose when you are back on a normal diet.															
Any tablet for diabetes except those in the box immediately above <table><tr><td>Metformin (Diabex)</td><td>Alogliptin</td><td>Glibenclamide</td></tr><tr><td>(Diaformin)</td><td>Linagliptin</td><td>Gliclazide</td></tr><tr><td>(Formet)</td><td>Saxagliptin</td><td>Glipizide</td></tr><tr><td>(Metex)</td><td>Sitagliptin</td><td>Glimeperide</td></tr><tr><td></td><td>Vildagliptin</td><td></td></tr></table>	Metformin (Diabex)	Alogliptin	Glibenclamide	(Diaformin)	Linagliptin	Gliclazide	(Formet)	Saxagliptin	Glipizide	(Metex)	Sitagliptin	Glimeperide		Vildagliptin		Stop taking these medications starting from the day before your colonoscopy until after the procedure. Recommence the usual dose when you are back on a normal diet.
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	Vildagliptin															
GLP 1 receptor agonist (injections) Ozempic (semaglutide), Byetta and Bydureon (exenatide), Trulicity (dulaglutide), Victoza (liraglutide).	Stop taking these medications starting from the day before your colonoscopy until after the procedure. Recommence the usual dose when you are back on a normal diet.															

Insulin management

Long-acting (basal) insulin Toujeo, Optisulin, Protaphane, Humalin nph, Levemir	Usual dose until two days before the procedure. Take only half of the usual dose at the usual time the day before and the day of the procedure. Recommence the usual dose when you are back on a normal diet.
Premix insulin Novomix, Humalog Mix, Ryzodeg, Mixtard	Usual dose until two days before the procedure. Take only half of the usual dose at the usual time the day before the procedure. None on the Day of. Recommence the usual dose when you are back on a normal diet.
Mealtime insulin (Rapid and short acting) Novorapid, Mumalog, Apirad, Fiasp, Actrapid, Humulin R	Usual dose until two days before the procedure. Take only half of the usual dose at the usual time if your blood glucose level is higher than 10mmol/l, the day before the procedure. None on the Day of. Recommence the usual dose when you are back on a normal diet.

Important: These are general guidelines only. If you have Type 1 diabetes, use an insulin pump, are pregnant, or have complex diabetes, please discuss your medication management with your diabetes doctor or diabetes educator before your procedure.

Having a colonoscopy requires bowel preparation and a period of fasting, which can affect your blood glucose levels. The instructions in this sheet are intended to reduce the risk of both low blood sugar (hypoglycaemia) and high blood sugar (hyperglycaemia).

Please make sure that you have access to a blood glucose testing kit and test at least four times a day during bowel preparation time. Check more frequently if the readings are out of range. Using a CGM (Continuous Glucose Monitoring) device can also be very useful.

When you are on the clear liquid diet, amongst other liquids, please include some of the sugary drinks that someone with diabetes would usually avoid. Examples are clear fruit juice without pulp, non-diet soft drinks like lemonade and non-diet cordial mixed with water.

If you have any symptoms of hypoglycaemia (feel faint, hot, sweaty, shaky or confusion) please check blood glucose level immediately. If your blood glucose level is 4.0mmol/l or less drink a glass of sugary drink. Repeat the blood test every 15 min and drink more of the sugary drink as required until the level is back in the range.