

## Information for people with insulin dependent diabetes having a colonoscopy and taking **MOVIPREP®**

Issued by the Endoscopy Team

The management aim for people with diabetes is for you to undergo your colonoscopy test with minimum disruption to your diabetes control, avoiding hypoglycaemia (low blood glucose) or high blood glucose levels. Your diabetes treatment will need to be adjusted during the preparation period until after the test is completed and you can eat and drink normally.

If you are not taking diabetes tablets or insulin, you will only need to follow the instructions for the bowel preparation. This leaflet is for people with type 2 insulin and type 1 diabetes.

### **If you usually monitor your diabetes with blood glucose tests:**

Your blood glucose target should be 6—12 mmol/l. It will not cause harm to aim for a slightly higher blood glucose result for a day or two while your colonoscopy test is being carried out. Take your test kit with you to the hospital.

### **If you usually monitor your diabetes with urine tests:**

You will probably find that you have glucose positive urine tests results during your preparation time while you reduce your diabetes treatment.

**Driving:** Do not drive during the preparation period when you are unable to eat solids and not for 24 hours following the test. This is a precaution in case your blood glucose drops too low causing hypoglycaemia (low blood glucose).

### **Replacement of meals—Clear liquid means:-**

Water

Clear drinks, for example, Lucozade, lemonade

Clear soup (soup that has been strained to remove solids)

Fruit juice (with no pulp)

Black tea or black coffee, or Oxo

Dextrose tablets can be sucked, avoid chewing to minimise residue

To prepare for your test, you will need to take MOVIPREP® to clean your bowel. You will have watery bowel movements but this is normal. To ensure your test is successful and to prevent dehydration please follow these instructions closely.

**If you are having problems with low blood sugar let the nurse know on arrival to hospital.**

### **For further advice please contact the Endoscopy Unit:**

**North Tyneside General Hospital** 0191 293 4319

**Wansbeck General Hospital** 01670 529 063

**Hexham General Hospital** 01434 655 317

**Alnwick Infirmary** 01665 626 794

**Berwick Infirmary** 01289 356 635

## MORNING APPOINTMENT

### The day before the test:

**9am:** Have your usual breakfast by 9am. You will not be able to have any more solid food until after your test. Continue to drink clear fluids. (See overleaf for examples).

**From 1pm:** Reduce your insulin doses by half and replace all of your meals with fruit juice, Lucozade or another type of sugary drink. Check your blood glucose regularly and take glucose drink or 4 glucose tablets if it goes below 6mmol.

**5pm:** If taken, stop diabetes tablets until the test is over. Follow the instructions below and make up your first litre of MOVIPREP® Continue to drink clear fluids between doses, at least a further 500mls.

**8pm:** Make up the second litre of MOVIPREP® and drink it over 1-2 hours. Continue to drink clear fluids. Check your blood glucose.

### The day of the test:

Do not take your insulin. Replace your breakfast with clear liquid. Take your insulin and a snack with you to the hospital and have these after your test. You may need to reduce your insulin dose by half. **Restart your insulin as normal with your evening meal.**

## AFTERNOON APPOINTMENT

### The day before the test:

**1 pm:** Have your lunch as usual before 1pm. Reduce your insulin doses by half and replace all of your meals with either fruit juice, Lucozade or another type of sugary drink. (See overleaf for examples). Check your blood glucose regularly throughout the day and take glucose drink or 4 glucose tablets if it goes below 6mmol.

**7pm:** Follow the instructions below and make up your first litre of MOVIPREP® Continue to drink clear fluids, at least a further 500mls during the evening. Check your blood glucose.

### The day of the test:

**6am:** Take half of your insulin, replacing your breakfast with clear liquid. Make up the second litre of MOVIPREP® and drink it over 1-2 hours. Take a snack with you to the hospital and have after the test. **Restart your insulin as normal with your evening meal.** Continue to monitor your blood glucose.

## How to prepare and take MOVIPREP®

### Step 1

Each box of MOVIPREP® contains two sealed plastic bags.

Each contains one sachet marked A and sachet marked B.

Open one bag and remove sachets A and B.

Pour the contents of one sachet A and one sachet B into a jug. Adding water (not chilled) make up to 1 litre and stir until the powder is completely dissolved and the solution is clear or slightly hazy. Add cordial to taste (not blackcurrant).

### Step 2

Drink one glassful (250ml) of the MOVIPREP® drink every 15-20 minutes until you have drunk it all (taking about 1-2 hours). Take your time—there is no need to rush.

You should also drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken.

### Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

### Other sources of information

#### NHS 111

NHS Choices [www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

**NICE (National Institute for Health and Clinical Excellence)** [www.nice.org.uk](http://www.nice.org.uk)

Patient Advice and Liaison Service (PALS) Freephone: **0800 032 0202** Text: 01670 511098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111** [www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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