

Information for people with non-insulin 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 non-insulin (type 2) 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.

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.

Replacement of meals—Clear liquid means:-

Water

Clear drinks, for example, Lucozade, diet-lemonade

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

Unsweetened 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 that 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: Do not take any more diabetes tablets until the test is over. 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 over the page for examples).

5pm: 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.

The day of the test:

Do not eat anything, but continue to drink clear fluids.

Take your tablets and a snack with you to the hospital. Restart your tablets as normal when you begin to eat.

AFTERNOON APPOINTMENT

The day before the test:

1 pm: Have your lunch as usual before 1pm. Do not take any more diabetes tablets until the test is over. Continue to drink clear fluids. (See over the page examples). Avoid sugary drinks.

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.

The day of the test:

6am: Remember, do not eat anything. Make up the second litre of MOVIPREP® and drink it over 1-2 hours. Continue to drink clear fluids at least a further 500mls during the morning.

Take your tablets and a snack with you to the hospital. Restart your tablets as normal when you begin to eat.

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

NICE (National Institute for Health and Clinical Excellence) www.nice.org.uk

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

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111** www.northumbria.nhs.uk

PIN 587/V2

Review date: December 2015

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust