



Information for
patients and
carers

Patients with Diabetes taking Picolax

For a Colonoscopy or Flexible Sigmoidoscopy

This information is for:

- Patients with Type 2 diabetes treated with medication
- Patients with Type 1 or Type 2 diabetes treated with insulin

If you have any concerns about managing your diabetes while preparing for this investigation or about how Picolax may affect your diabetes, please contact the **Diabetes Specialist Nurses: Preston 01772 777621 or Chorley 01257 245350**

Any patient treated with insulin must have a morning appointment at around 08:30. If this is not the case please contact the endoscopy unit.

Day before the procedure: Insulin therapy

Insulin doses will need to be reduced on the day before the investigation (except **Levemir, Lantus, Abasaglar, Toujeo or Tresiba**) as carbohydrate intake will be smaller in order for the bowel to be cleared.

You should not omit any insulin doses when taking the preparation, if you have any queries, please discuss with your **Diabetes Care Team: Preston 01772 777621 or Chorley 01257 245350**

Patients who are confident about adjusting their insulin dose according to their reduced carbohydrate intake, and also substituting carbohydrate in clear liquid form (i.e. lemonade, coke, Lucozade), should remember that frequent intake of small amounts ($\frac{1}{4}$ to $\frac{1}{2}$ a glass) is required.

Non-insulin injectables GLP-1 agonists- Byetta, Victoza, Bydureon, Trulicity, Lyxumia, Semaglutide.

If you take daily injectable treatments - do not to take these until you are eating and drinking normally.

If you take weekly injectable treatments - no changes are needed.

Blood Glucose Testing: Insulin therapy

This should be done at least every 2 – 4 hours so that you can prevent hypoglycaemia by taking extra carbohydrate in the form of clear fluids if necessary. **It is advisable to carry glucose tablets, in the event of hypoglycaemia.**

Oral medication

Following administration of the first sachet of Picolax, your diabetic medication can be taken as normal **except:**

- Acarbose (Glucobay)
- Alogliptin
- Canagliflozin
- Dapagliflozin
- Empagliflozin
- Glibenclamide (Daonil or Euglocon)
- Glicazide of Glicazide MR (Diamicon or Diamicon MR)
- Glimepiride (Amaryl)
- Glipizide (Glibenese or Minodiab)
- Gliquidone (Glurenorm)
- Linagliptin
- Metformin (Glucophage or Glucophage SR)
- Pioglitazone (Actos)
- Repaglinide (NovoNorm) or Nateglinide (Starlix)
- Saxagliptin
- Semaglutide (oral preparation)
- Sitagliptin
- Tolbutamide
- Vildagliptin

After you have eaten your lunch no further solid food, milk or other dairy products are allowed until after your hospital procedure. You are advised to drink plenty of clear fluids. Any tea or coffee must be black **without milk.**

You must also not take any more oral diabetic medication until after the test.

Blood Glucose Testing: Oral medication

If you normally monitor your own blood glucose, it is advisable to check this 4 – 6 hourly through the day prior to the investigation and watch for hypoglycaemia or if you feel unwell.

It is advisable to carry glucose tablets, in the event of hypoglycaemia.

Diet – please follow diet according to the bowel prep information sheet:

- Follow instructions sent by the Endoscopy Unit
- Drink clear fluids freely: Oxo, Bovril, cordial, water or fizzy drinks as desired
- Once no solid food is allowed, sugar-containing drinks may be important to keeping the blood glucose from dropping too low
- Take these in small quantities and at regular intervals across the day and evening to keep the blood glucose stable
- If your blood glucose **goes below 4mmol:**
 - **have 1 bottle of Glucojuice/Lift Juice shots (15gm)**
 - **or 1-2 tubes of Glucoboost gel (10gm per tube)**
 - **or 200mls of Lucozade**
 - **or 3-5 glucose/Dextrose tablets**

FOR ALL APPOINTMENT TIMES YOU MUST STOP DRINKING 2 HOURS BEFORE YOUR APPOINTMENT.

Day of Investigation: MORNING APPOINTMENTS

- More regular monitoring of blood sugar will be necessary
- **DO NOT EAT ANYTHING** the morning of your appointment
- Test blood glucose on rising (if you normally do so).

If it is **below 4mmol**:

- **have 1 bottle of Glucojuice/Lift Juice shots (15gm)**
- **or 1-2 tubes of Glucoboost gel (10gm per tube)**
- **or 200mls of Lucozade**
- **or 3-5 glucose/Dextrose tablets**
- **DO NOT** take any daily non-insulin injectables, insulin or oral medication on the morning of your test
- **DO** take your insulin/diabetic tablets and some breakfast **to the endoscopy unit** so you can take these after your procedure is finished
- On arrival, please remind the staff that you have diabetes
- Your blood sugar level will be recorded by staff before and after your procedure
- Please take your insulin and equipment with you to the appointment
- Check your blood glucose pre-meal for the rest of the day (if you normally self-test at home)

Day of Investigation: AFTERNOON & EVENING APPOINTMENTS (oral medication only)

- **More regular monitoring of blood sugar will be necessary**
- Omit all morning diabetes tablets and daily non-insulin injectables
- Only drink clear fluids (cordial, water or fizzy drinks) until the investigation is completed
- If your blood glucose is **below 4mmol**:
 - **have 1 bottle of Glucojuice/Lift Juice shots (15gm)**
 - **or 1-2 tubes of Glucoboost gel (10gm per tube)**
 - **or 200mls of Lucozade**
 - **or 3-5 glucose/Dextrose tablets**
- After you have eaten your lunch no further solid food, milk or other dairy products are allowed until after your hospital procedure. You are advised to drink plenty of clear fluids. Any tea or coffee must be black **without milk**
- You must also not take any more oral diabetic medication until after the test
- Test blood glucose levels while oral intake is restricted
- Take normal diabetes tablets with your evening meal (after the investigation is completed) or if having an evening appointment restart your diabetes tablets the morning after the test
- If you normally self-test at home, check blood glucose pre-meal for the rest of the day

Contact details

Should you require further advice or information please contact

Endoscopy - Preston 01772 524958 (08:00 – 18:00 Monday – Friday)

Endoscopy - Chorley 01257 245649 (08:00 – 18:00 Monday – Friday)

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.gutscharity.org.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعه بأ حرف كبير ة و بلغات إذا كنت تر يد مسا عدة في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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Division: Diagnostics and Clinical Support
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