

## Colonoscopy: Type 2 diabetes tablets

Your doctor has recommended that you have a colonoscopy to investigate your medical condition. In order for the procedure to be carried out, please follow the instructions below concerning your diabetic medication. These instructions take into account the fasting periods required for the colonoscopy and should be read alongside The Royal Marsden leaflet *Bowel preparation for colonoscopy*.

### Two days before colonoscopy:

Continue to take your diabetes tablets **as normal**, following the dietary instructions provided in the leaflet *Bowel preparation for colonoscopy*.

### One day before colonoscopy:

1. **7am**: Have a **good breakfast** of foods taken from yesterday's permitted list. Following this **do not** eat any solid food until after your examination but drink plenty of clear fluids.

**Some of these fluids may need to be sugary to avoid hypoglycaemia.** If you feel unwell, test your blood glucose (if possible) and treat with a sugary drink such as lucozade or apple juice.

2. Follow diabetes medication instructions below:

Metformin – continue taking as normal

Stop other diabetes tablets

3. Take bowel cleansing medication as advised in the bowel preparation leaflet.

### Morning of colonoscopy:

1. If taking **metformin**, take as normal. **Do not** take any other diabetes tablets.

2. Stop drinking clear fluids **three hours** before your appointment

3. Bring your diabetes tablets to the hospital

4. Following the colonoscopy, take your usual tablets with lunch

5. Resume your usual diet and fluids.



## Contact details

If you are unclear about any of the instructions, please contact the Endoscopy Suite.

Tel: 0207 811 8327 / 8328

