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

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 Hyperglycaemia ( 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.

**This information is for people with Autoimmune Type 1 Diabetes and Type 2 Insulin Dependent Diabetes.**

**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.

**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).

You should aim to check your glucose levels every FOUR hours during the preparation period.

**If you are experiencing problems with glucose control please contact the Hospital on the telephone number provided\***

**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

Glucogel/GlucoJuice

**Preparation**

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.

**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.

**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 such as Metformin until the test is over. Follow the instructions below and make up your first litre of MOVIPREP Continue to drink clear fluids between doses, and 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:**

Take only Basal (background/long acting) insulin. Replace your breakfast with clear liquid. Take your Bolus ( rapid acting) insulin with you to the hospital.

**Check with the nursing staff** and after your procedure have a light snack and a dose of insulin which may need to be reduced by half if on fixed doses, or carbohydrate counted.

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 Bolus (rapid acting) insulin doses by half if on fixed doses, and replace all of your meals with either fruit juice, Lucozade or another type of sugary drink. 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 and at least a further 500mls during the evening. Check your blood glucose.

**The day of the test:**

**6am:** Take Basal ( background/long acting) insulin, and half of your Bolus ( rapid acting) insulin if on fixed doses, otherwise carb count the clear liquid and allow yourself to run a little higher. Replace your breakfast with clear liquid. Make up the second litre of MOVIPREP and drink it over 1-2 hours. Have a snack after your procedure

**Restart your insulin as normal with your evening meal.** Continue to monitor 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. If necessary 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 1-2hours). 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.

**Insulin Pump users**

If you are on an insulin pump, ensure you tell your admitting nurse, and your consultant.

The majority of tubed pumps should be okay to wear during the procedure.

**CGM and FGM**

Freestyle Libre Sensor, Dexcom G5/G6 and Omnipod pump which attach directly to skin should be removed prior to the procedure, as there is a potential for damage to these from the use of electrosurgical diathermy. Currently, there is insufficient evidence to counteract this from the manufacturers, so removal is advised.

**Multiple Daily Injections (MDI)**

You can continue to take your Basal (background/long acting) insulin as normal.

Bolus ( rapid acting ) insulin should be halved on the day of procedure if you are on fixed doses, or if you count carbohydrates and inject accordingly, reduce your dose to allow yourself to run a little higher than usual, to counteract the fasting time. Obviously, if fasting for procedure, no bolus insulin will be required.

**NOTE: If your Consultant has given you specific instructions, you should follow these instead of the above!**