

Diabetes Endoscopy - Summary Clinical Guideline

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Introduction

Guidelines for Adult Patients with Diabetes undergoing Endoscopic Procedures at **University Hospitals of Derby and Burton NHS Foundation Trust**, covering the Endoscopy Unit at Royal Derby Hospital, Queen's Hospital Burton and Sir Robert Peel Hospital, Tamworth

Aim

To ensure the safe and effective treatment of patients with diabetes undergoing endoscopic procedures.

The aim is to avoid unnecessary hypoglycaemia during periods of fasting.

Purpose and Scope

The purpose of these guidelines is to provide advice for the management of patients with diabetes undergoing endoscopic procedures. Giving guidance on managing insulin injections, non-insulin injections and oral hypoglycaemics pre, peri and post procedure.

Guideline

MoviPrep is the preferred default bowel prep for all patients having colonoscopy. Klean Prep or Picolax should only be used for diabetic patients for specific exceptional reasons e.g. allergy to Moviprep or previous intolerance of Moviprep due to increased risk of hypoglycaemia

- **Appendix 1** - Patients on Insulin undergoing Colonoscopy / Flexible Sigmoidoscopy with MoviPrep, Klean Prep or Picolax
- **Appendix 2** - Patients on Non-Insulin Injections and / or Oral Hypoglycaemics undergoing Colonoscopy / Flexible Sigmoidoscopy with MoviPrep, Klean Prep or Picolax.
- **Appendix 3** – Patients on Insulin undergoing Gastroscopy or Flexible Sigmoidoscopy (with enema prep)
- **Appendix 4** – Patients on Non-Insulin Injections and / or Oral Hypoglycaemics undergoing Gastroscopy or Flexible Sigmoidoscopy (with enema prep)

If you cannot find your medication in the appendices, please contact your own diabetes team

Close monitoring is recommended during periods of fasting and post procedure.

Any episodes of blood glucose >14mmol, please test for ketones in patients with type 1 diabetes or patients with type 2 diabetes on an SGLT2 inhibitor. Please refer to perioperative guidelines if considering giving subcutaneous insulin.

Please use low sugar fluids for the purpose of hydration. Full sugar Lucozade or lemonade should be used to treat an episode of hypoglycaemia (blood glucose level <4mmol/L). Any episodes of blood glucose <4mmol/L requires treatment as per the Trust hypoglycaemia guidelines.

Please avoid eating high carbohydrate/sugar foods that are advised in colonoscopy meal plan.

Contacts:

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