Diabetes and oral bowel preparation before colorectal surgery

Information for patients
Sheffield Teaching Hospitals
This leaflet provides you with information that will help to keep your blood glucose levels controlled whilst taking medication to empty your bowel before your colorectal operation.

Please also refer to the leaflet appropriate to your bowel preparation treatment, eg Klean Prep or Picolax.

**Type 2 diabetes**

This advice is for all people with Type 2 diabetes on tablets and/or insulin.

If you are on insulin and are unsure about the type of diabetes you have, please follow the instructions for people with type 1 diabetes found later in this booklet.

**Helpful tips:**

- If you test your blood glucose at home, do this regularly.
- Treat any hypos with a sugary drink. These need to be clear in colour with no bits and must not contain milk.
- Remember these need to contain sugar so please avoid 'no added sugar' and 'diet' type drinks.

**Examples include:**

- smooth orange or apple juice (200ml)
- clear lemonade (150mls)

**Type 2 diabetes - the day before your operation**

1. Take your usual diabetes tablets / insulin.
2. Check your blood glucose levels if you self-monitor.
Type 2 diabetes - the day of your operation

1. If you take background insulin in the morning (Lantus, Toujeo, Humulin I, Insulatard, Insuman Basal or Levemir) take **half** the usual dose.
2. Do not take any other insulins.
3. Do not take your morning diabetes tablets.

Type 1 diabetes

This advice is for all people with Type 1 diabetes.

**Please note**: if you have had DAFNE training you should adjust your dose based on the DAFNE advice and not these instructions.

**Helpful tips:**

- Test your blood glucose regularly.
- Treat any hypos with a sugary drink. These need to be clear in colour with no bits and must not contain milk.
- Remember these need to contain sugar so please avoid 'no added sugar' and 'diet' type drinks.

**Examples include:**

- smooth orange or apple juice (200ml)
- clear lemonade (150mls)

Type 1 diabetes - the day before your operation

1. Take your usual insulin, adjusting the dose in the usual way if you are self-managing.
2. Once you stop eating meals check your blood glucose levels every 2 hours until bedtime and then throughout the next day until admitted to hospital.
Type 1 diabetes - the day of your operation

Patients taking multiple insulin injections:

1. Do not have any short acting insulin before coming into hospital.
2. Take your usual long acting insulin (eg Lantus, Levimir, Tresiba) before coming into hospital.

Patients taking twice daily insulin mixtures (Humulin M3, Novomix 30, Humalog Mix 25, Humalog Mix 50)

1. Do not take your usual morning dose
2. Check your blood glucose levels every 2 hours after waking until your admission to hospital.
3. Bring your insulin with you to the hospital.

For further advice please contact the Diabetes Centre

- 0114 271 4445 Northern General Hospital
- 0114 271 3479 Royal Hallamshire Hospital