

Radiology Department

# Instructions for diabetic patients taking laxative preparation

Information for patients



## Instructions for your medication

Please follow the instructions below about your insulin / tablets.

Find the name of your insulin / tablets from the lists below and follow the instructions given.

If you are on insulin only please look section 1. **on pages 3-4.**

If you are on tablets only, please look at section 2. **on pages 5-6.**

If you are on **both** insulin and tablets for your diabetes, please look at all of the lists and follow the instructions given.

If you have any questions please call the Radiology Department using the number on the front of your appointment letter, or contact the Diabetes Support Nurses Team on 01865 222866.

On the morning of the examination bring your tablets or insulin with you to the hospital. Once the examination has finished you will be able to eat and drink normally and resume your normal insulin regime.

**It is not advisable to drive yourself to the hospital.** Ask a friend or relative to bring you. If this is not possible please let us know by telephoning us on the number on the front of your appointment letter.

# 1. If you take insulin for your diabetes please follow the instructions below:

## LIST 1

If you are on any of the following:

- Humalog
  - Novorapid
  - Humalin S
  - Actrapid
  - Velosulin
  - Apidra
1. Take your **normal breakfast dose** of insulin the day before the examination.
  2. Take **half (50%) of your normal lunchtime dose** of insulin the day before the examination.
  3. Do not take your **evening meal** dose of insulin the day before the examination.
  4. Do **not** take your breakfast dose of insulin the day of the examination.
  5. Bring your insulin with you to the examination.

## LIST 2

If you are on any of the following:

- Humilin 1 (once a day)
- Levemir / Detemir
- Insulatard (once a day)
- Glargine / Lantus
- Continue taking this insulin as normal.

### **LIST 3**

If you are on any of the following:

- Human Mixtard 10,20,30,40,50
- Humilin M3
- Insuman Comb 15,25 or 50
- Novomix 25 or 50
- Humalog Mix 25 or 50
- Humilin I (twice a day)
- Insulatard (twice a day)

1. Take **your normal breakfast dose** of insulin the day before the examination
2. Take **half (50%) of your normal evening meal dose** of insulin the day before the examination
3. Do **not** take your **breakfast dose** of insulin on the day of the examination
4. Bring your insulin with you to the examination

### **Please read the further information below:**

#### **Monitor blood sugars every 4 hours or if feeling unwell**

- If less than 4mmol/L – take 100mls/ 4floz Lucozade and retest every 1-2 hours.
- Please bring a snack (sandwich or similar) with you so that you can take this when you feel ready after the examination.
- Please bring any insulins from LIST 1 and LIST 3 to the hospital with you to take with your snack after the examination:
- LIST 1: Take your usual breakfast or lunchtime dose (depending on the time you eat) or a smaller dose (if you feel it necessary) after the examination.
- LIST 3: Take your usual breakfast dose of insulin after the examination.

## 2. If you take tablets for your diabetes please follow the instructions below:

### **LIST 4**

If you are on either:

Pioglitazone (Actos) or

Rosiglitazon (Avandia)

continue taking these tablets as normal.

### **LIST 5**

If you are on any of the following:

- Gliclazide (Diamicron)
  - Glipizide
  - Glibenclamide
  - Glimeperide
  - Gliquidone
  - Repaglinide (Novonorm)
  - Nateglinide (Starlix)
1. Take your normal breakfast tablet dose the day before the examination
  2. Do not take your evening meal tablet dose on the day before the examination
  3. Do not take the breakfast tablet dose on the day of the examination
  4. Bring your tablets with you to the examination

## **LIST 6**

If you are on either:

Acarbose (Glucobay) or

Metformin

1. Do not take this on the day before the examination
2. Do not take this on the day of the examination
3. Restart taking these tablets the day after the examination

### **Please read further information below:**

#### **Monitor blood sugars every 4 hours or if feeling unwell**

- If less than 4mmol/L – take 100mls/ 4floz Lucozade and retest every 1-2 hours.
- Please bring a snack (sandwich or similar) with you so that you can take this when you feel ready after the examination.
- Please bring any tablets from LIST 5 to the hospital with you to take with your snack after the examination.
- LIST 4: Take your usual breakfast tablet dose when eating after the examination
- LIST 6: Re-start taking these tablets the day after the examination.

## How to contact us

If you have any questions about these instructions, please call the number on the front of your appointment letter.



If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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