

Medication use and endoscopic examination

Index

Colonoscopy or Combined colonoscopy/gastroscopy:

- Contraceptive pill 1
- Blood pressure-lowering medication 1
- Blood thinners 1
- Prednisone 1
- Ferro fumarate (iron tablets) 1
- Hydrocortisone 1
- Diabetes 2

Gastroscopy:

- Blood pressure-lowering medication 3
- Prednisone 3
- Hydrocortisone 3
- Diabetes 4

Other medication use – Colonoscopy and combined colonoscopy/gastroscopy:

If you take medication on the day of the examination, always take it 2 hours before the examination, after completing the bowel preparation schedule.

Follow the advice below for specific types of medication:

Contraceptive pill:

- Due to the bowel preparation, the contraceptive pill may be less effective. If you take the pill, use additional contraception, such as condoms, until your next menstruation.

Blood pressure-lowering medication:

- It is important to take this on the day of the examination. Do this 2 hours before the examination.

Blood thinners:

- The nurse will contact you to discuss whether you should temporarily stop taking blood thinners and, if so, when to stop.

Prednisone:

- If you take less than 20 mg of Prednisone per day: On the day of the examination, take a double dose of Prednisone 2 hours before the examination.
- If you take more than 20 mg of Prednisone per day: Take your usual dose 2 hours before the examination.

Ferro fumarate (iron tablets):

- Stop taking these temporarily 5 days before the examination. You can resume taking the iron tablets after the examination.

Hydrocortisone:

- The day before the examination:
 - During your last meal (before starting the bowel preparation), take double your usual dose of Hydrocortisone.
 - Take another double dose of Hydrocortisone before going to sleep.
- The day of the examination: Take a double dose of Hydrocortisone after completing the bowel preparation. Do this 2 hours before the examination.

Diabetes and colonoscopy

General advice (both when using blood sugar regulating tablets and when using insulin)

- Follow the low-fibre diet as described in the bowel preparation instruction.
- Take your blood sugar-lowering medication with you to the examination.
- Do you measure your own blood sugar? If so, bring your blood glucose meter to the examination as well.
- Come to the clinic with a companion (at least 18 years old)

Please note: *due to the bowel preparation, there is an increased risk of hypoglycaemia. The examination is preferably scheduled in the morning to minimise the fasting time. If you have questions or concerns regarding your diabetes, always contact your diabetes nurse or treating physician.*

Blood sugar monitoring advice

Check your blood sugar regularly during bowel preparation, especially if you use insulin. In any case, check your blood sugar at the following times:

- Whenever you feel unwell.
- At least 4 times on the day before the examination: before breakfast, before lunch, around 6pm and before bedtime.
- On the day of the examination; at least once prior to the colonoscopy.

For abnormal blood glucose values: if in doubt, contact your diabetes nurse (or attending physician).

Advice on blood sugar regulating medication

- Blood sugar-lowering tablets: Do not take these on the day before the examination or on the day of the examination. You can resume your usual dosage after the examination.
- GLP1 receptor agonists or insulin (short- or long-acting): Always contact your diabetes nurse (or treating physician) to agree on a preparation schedule.

Other medication use – Gastroscopy

Blood pressure-lowering medication:

- It is important to take this on the day of the examination.
- Do this 2 hours before the examination.

Prednisone:

- If you take less than 20 mg of Prednisone per day: On the day of the examination, take a double dose of Prednisone.
- If you take more than 20 mg of Prednisone per day: Take your usual dose.

Hydrocortisone:

- On the day of the examination: Take double your usual dose of Hydrocortisone 2 hours before the examination.

Diabetes and Gastroscopy

General advice (for blood sugar-lowering tablets and insulin users):

- Follow the fasting instructions as described in the preparation module.
- Bring your blood sugar-lowering medication to the examination.
- Do you measure your own blood sugar? If so, bring your blood glucose meter to the examination as well.
- Come to the clinic with a companion (at least 18 years old)

Blood sugar monitoring advice:

- Regularly monitor your blood sugar from the moment you start fasting (6 hours before the examination), especially if you use insulin.
- Always measure your blood sugar at the following times:
 - Whenever you feel unwell.
 - On the day of the examination: at least once before the gastroscopy.

Advice for blood sugar-lowering tablets:

The examination is preferably scheduled in the morning.

- The day before the examination: Do not take blood sugar-lowering tablets.
- After the examination: Resume your usual dosage of blood sugar-lowering tablets as soon as you are allowed to eat.

Advice for insulin:

- If you use insulin, adjust the morning dose on the day of the gastroscopy in consultation with your diabetes nurse or treating physician.
- If you use a GLP1 receptor agonist or insulin (short- or long-acting), always contact your diabetes nurse (or treating physician) to agree on a preparation schedule.