

Instructions for diabetics before an endoscopy via the mouth (morning appointment)

Endoscopy Unit

Information for Patients

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Introduction

If you are due to have an endoscopy procedure which goes in through your mouth, and you have diabetes, the advice in this leaflet will help you to manage your diabetes. This is to keep your blood glucose within safe levels between 4 and 11mmol/L, and to avoid having a 'hypo' (low blood glucose).

**If possible, get someone to bring you to hospital and pick you up afterwards.
You should not be driving yourself.**

Some sections of this leaflet are just for certain patients. Please check that you are reading the right instructions for your situation.

Section 1: Patients on insulin alone

Section 2: Patients on tablets alone or injectable therapy, not insulin

Sections 1 and 2: Patients on insulin, tablets or any other injectable therapy

If you have any questions about your diabetes management before the procedure, please contact your usual diabetes care provider.

Section 1: For patients who are on insulin for diabetes control

The day before your procedure: Eat and drink normally. Please try to include rice or bread in your last meal.

On the day of your procedure

- Your stomach must be empty for this examination, to allow clear views. Therefore do not have anything to eat or drink for 6 hours before the procedure. Please see next page, about your specific insulin.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Name of insulin	Day before the procedure	On day of the procedure (morning appointment)	On day of the procedure (afternoon appointment)	Day post procedure
Biphasic mixed insulins or Twice daily				
Novomix 30 Humulinm3 Humalog mix 25 Humalog mix 50 Insuman comb 25 Insuman comb 50	Reduce evening dose by a half	a) Take half of your usual morning dose b) take your usual dose in the evening	a) Take half your usual morning dose b) take your usual dose in the evening	Take usual dose of insulin
Basal/bolus insulin regime				
Bolus insulins Actrapid Humulin S Insuman Rapid Novorapid Fiasp Humalog Apidra Lymjev	Normal dose of insulin before evening meal	a) Do not take your morning dose of insulin b) take usual dose of lunchtime dose of eating and drinking c) Take usual evening dose if eating and drinking	a) Take usual dose of insulin in the morning. b) do not take lunchtime dose of insulin c) Take usual evening dose of insulin if eating and drinking	Take usual dose of insulin
If insulin is taken in the morning				
Basal Insulins Lantus Levemir Insulatard Humulinl Insuman basal Abasaglar Toujeo Tresiba Semglee	Take usual dose of insulin	a) Take only half of your dose of insulin if taken insulin in the morning.	a) Reduce your insulin by a third if taken in the morning	Take usual dose of insulin
	If taken in the evening			
	Reduce your insulin by a half	Take usual dose of insulin	Take usual dose of insulin	Take usual dose of insulin

Monitoring

If you have diabetes and take insulin or medicine, you are more likely to experience low blood sugar or glucose levels as a result of your extended fasting.

It is important to check you glucose levels more often over this period of time. (2 hourly if worried)

Low sugar or glucose levels (hypoglycaemia)

Hypoglycaemia, also known as a "hypo" is when your blood sugar (glucose) levels fall too low. Any glucose below 4.0 mmols should be treated.

Symptoms of hypoglycaemia

Blurred vision, excessive sweating, anxiety or aggression, tingling in mouth or fingers, fast or heavy heartbeat, odd behaviour (usually noticed by another person), sudden difficulty with concentration.

Section 2: For patients who take medication for diabetes control

If you are taking medication that are not mentioned here, please seek medical advice from your usual diabetes care provider.

What to do on the day of your procedure

Your stomach must be empty for this examination, to allow clear views. Therefore do not have anything to eat or drink for 6 hours before the procedure. Please see below, regarding your specific medication.

Medication	Day before procedure	Day of procedure	Day after procedure
Acarbose	Take as usual	Do not take	Take as usual
Metformin	Take as usual	Do not take	Take as usual
Repaglinide Nateglinide	Take normal dose	Do not take morning or lunchtime dose	Take as usual
Gliclazide Glibenclamide Glipizide Glimepride Gliquidone	Take usual dose in the morning Take half usual dose in the evening	Do not take morning Take as usual in the evening	Take as usual
Pioglitazone	Take as usual	Take as usual	Take as usual
Dapagliflozin Canagliflozin Empagliflozin	Stop 3 days before procedure	Do not take dose	Take as usual
Sitagliptin Saxagliptin Vildagliptin Alogliptin Linagliptin	Take as usual	Do not take in the morning Take as normal in the evening.	Take as usual
GLP-1 injections and tablets			
Trulicity Exenatide (Byetta) Liraglutide Rybelsus Lixisenatide Semaglutide (Ozempic)	Take the normal dose	If weekly injection is due. Do not take dose If daily medication or injection. Do not take dose	Take weekly injection today if was due on day of procedure If daily medication and injection, take as usual.

What to do if you have a hypo whilst fasting.

If you find your levels are under 4.0 mmols, you must break your fast with a glucose tablet. You will need to check your glucose levels every hour, until you have had your procedure. If you notice that your glucose levels have dropped again below 4.0, during your hourly checks, you can take another glucose tablet.

If you have had a hypo whilst preparing for this test, please let the staff know, so that we can monitor you more closely, when you arrive.

Contact details

If you are unable to make your appointment please let us know as soon as possible, so we can offer this to someone else. If you have any queries about your appointment please contact the Endoscopy Booking Team on 0116 258 6984 (10am to 4pm). If you have any queries about your procedure please contact the appropriate Endoscopy Department:

Leicester General Hospital: 0116 258 4183

Leicester Royal Infirmary: 0116 258 6997

Glenfield Hospital: 0116 258 3130

Trainees and student observers

Leicester's Hospitals support trainees and students from the county's medical school and nurse training school. We hope you will be willing for trainees with the relevant skills to perform procedures under supervision where appropriate, and for student observers to be present. If you would rather not have trainees or students in the room during your procedure, please let us know.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk