

Having an Endoscopy – Advice for Patients with Diabetes

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If possible ask to be first on the morning list.

Morning procedures will usually involve nil by mouth from 6am.

Afternoon procedures will usually involve nil by mouth from 10am.

If you are on diabetes tablets:-

Do not take these tablets on the morning of the endoscopy.

Restart all tablets when able to eat after the procedure.

Metformin (Diabex®, Glucophage® or Diaformin®) or that contain Metformin (Glucovance®, Avandamet®, Nesina Met®, Trajentamet®, Kombiglyze XR®, Janumet®, Galvumet®)

Gliclazide (Diamicon®, Glyade®, Nidem®), Glipizide (Melizide®, Minidiab®), Glibenclamide (Daonil®, Euglucon®, Glimel®, Glucovance®) or Glimepiride (Amaryl®, Aylide®, Dimirel®):-

Acarbose (Glucobay®), Rosiglitazone (Avandia®), or Pioglitazone (Actos®), Sitagliptin (Januvia®), Alogliptin (Nesina®), Linagliptin (Trajenta®), Saxagliptin (Onglyza®), Sitagliptin (Januvia®), Vildagliptin (Galvus®), Empagliflozin (Jardiance®), Dapagliflozin (Forxiga®) or that contain Empagliflozin (Jardiamet®, Glyxambi®) or Dapagliflozin (Xigduo®, Qtern®)

If you are on non-insulin containing diabetes injections:-

Do not take the injection on the morning of the endoscopy.

Restart these injections when able to eat after the procedure.

Exenatide (Byetta®, Bydureon®), Dulaglutide (Trulicity®)

If you are on long-acting Insulin (once or twice daily):-

Glargine (Lantus®, Toujeo®), Detemir (Levemir®), Protophane®, Humulin NPH®

- Continue taking your insulin.
- Check your blood sugar on the morning of the endoscopy. If it is less than 5 mmol/l, take 50 mls of regular lemonade.
- Recheck your blood sugar if you feel symptoms of hypoglycaemia (low blood sugar).

If you are on twice daily pre-mixed insulin:-

Novomix 30®, Mixtard 30/70®, Humalog Mix 25®, Humalog Mix 50®, Ryzodeg 70/30®

Morning procedure:

- Omit insulin *on the morning* of the endoscopy.
- Once the endoscopy has been completed and you are allowed to eat, take half of your usual morning insulin dose with food.
- Resume your insulin regimen at the next meal.

Afternoon procedure:

- Take half your usual insulin *with breakfast*.
- Once the endoscopy has been completed and you are allowed to eat, resume your insulin regimen at the next meal.

If you are on basal bolus insulin regimen (once or twice daily long-acting insulin with mealtime insulin):-

Mealtime insulin - Novorapid®, Humalog®, Actrapid®

Morning procedure :

- Continue your long-acting (basal) insulin as usual.
- Omit your mealtime insulin on the morning of the endoscopy.
- Once the endoscopy has been completed and you are allowed to eat, resume your insulin regimen at the next meal.

Afternoon procedure :

- Continue your long-acting (basal) insulin as usual.
- Take your usual mealtime insulin with breakfast on the morning of the endoscopy.
- Once the endoscopy has been completed and you are allowed to eat, resume your insulin regimen at the next meal.

Possibility of hypoglycaemia

It is possible that while you are waiting for the endoscopy, you may have a hypoglycaemic event. It is therefore, advisable to bring along some regular lemonade to correct your hypoglycaemia. Lemonade is considered suitable for correction of hypoglycaemia whilst waiting for the endoscopy as it will not obscure the test.

Please bring along all your medication on the day of your endoscopy.

If you have any questions or concerns regarding the care of your diabetes, please contact the Diabetes Education Centre – 08 8182 9296.



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