

Instructions for diabetics before an endoscopy by the mouth (afternoon appointment)

Endoscopy Unit
Information for Patients

Last reviewed: September 2026
Next review: September 2027
Leaflet number: 421 Version: 8

Introduction

If you are diabetic and are going to have a test called an endoscopy which goes in through your mouth, the advice in this leaflet will help you to manage your diabetes. We need 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 drive yourself.**

Please read the right instructions in this leaflet, depending on the type of medication you take:

Follow the advice in **section 1** if you only take insulin

Follow the advice in **section 2** if you only take tablets, or non-insulin injections

Follow the advice in **sections 1 and 2** if you take a mix of insulin, tablets or any other injections

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

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

What to do the day before your procedure

Eat and drink normally.

What to do on the day of your procedure

- Have breakfast at least 6 hours before the procedure. Please try to include bread with your breakfast, before the test.
- Your stomach must be empty for this examination, to allow clear views. Do not have anything to eat or drink for 6 hours before the procedure. Please see below about your specific Insulin

Name of insulin	Day before the test	On day of the test	Day after test
Biphasic mixed insulins/2 times a day			
Novomix 30 Humulinm3 Humalog mix 25 Humalog mix 50 Insuman comb 25 Insuman comb 50	Reduce evening dose by a half	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) 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	Take usual dose of insulin	a) Reduce your insulin by a 1/3 (third) if taken in the morning	Take usual dose of insulin
	If taken in the evening		
Abasaglar Toujeo Tresiba Semglee	Reduce your insulin by a half	Take usual dose of insulin	Take usual dose of insulin

Monitoring

Due to you fasting for a long period of time if you are diabetic on insulin or medication you are more likely have a low blood sugars/ glucose levels. It is important to check you glucose levels more often over this period of time. (Every 2 hours if worried).

Low sugar/glucose levels (hypoglycaemia)

Low blood sugar levels are called hypoglycaemia. It is also known as a “hypo”. Any glucose below 4.0 mmols should be treated.

Symptoms of hypoglycaemia

- blurred vision
- sweating a lot
- feeling anxious or angry
- tingling in mouth or fingers
- concentrating
- fast or heavy heartbeat
- odd behaviour (usually noticed by another person)
- trouble

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 must 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. We will check you more closely, when you arrive.

Section 2: For patients who take tablets or injections for diabetes control (not insulin)

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

What to do the day before your procedure

During the day eat and drink normally.

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
- Have normal breakfast at least 6 hours before your appointment time. Please see p4 for your specific medications

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 Glimepiride 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 Ertugliflozin	Stop 3 days before procedure Stop 4 days before procedure	Do not take dose Do not take dose	Take as usual 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) Mounjaro	Take as usual	Take as usual	Take as usual

Contact details

If you cannot make your appointment please let us know as soon as possible. We can offer it 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: We are open Monday to Sunday 8.30am to 5.30pm.

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 do 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.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں دیکھنا چاہتے ہو، تو 'ਕਿਰਪਾ' ਕਰਕੇ 'ਹੇਠ' ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

We are a research hospital and you may be asked to take part in research