

Instructions for diabetics before an endoscopy needing bowel preparation (afternoon appointment)

Endoscopy Unit

Information for Patients

Last reviewed: August 2025

Updated: September 2025

Next review: August 2026

Leaflet number: 419 Version: 7.1

Introduction

If you are going to have a test called an endoscopy to look inside your bowel, you will need to stop eating (fast) for a while. This can make your blood sugar (glucose) levels drop.

If you have diabetes and take medicine for it, you will need to change this according to the timing of your appointment to avoid having a 'hypo' (low blood sugar). This leaflet will help you to manage your diabetes to keep your blood sugar safe (between 4 and 11mmol/L).

Changing your medicine may upset your blood sugar levels. This should return to normal within 1 or 2 days after your procedure.

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

- Follow the advice in **section 1** if you are 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 for the test, please contact your usual diabetes care provider.

Please also read the instructions on taking the bowel preparation solution in your appointment pack.

**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

Day before your procedure

- Have breakfast. Keep to the low residue diet that you are on. Please try and include white bread or white boiled rice with this meal.
- **Stop eating food after 3 pm the day before your procedure.** See the bowel preparation solution sheet for when to stop.
- Drink lots of clear fluids like water, tea without milk. Follow the instructions on the accompanying bowel preparation solution sheet in your appointment pack.
- Check your blood sugar levels on a regular basis.
- You should have sugary drinks, if needed, to treat or avoid a 'hypo'.

Monitoring your blood sugar and treating a hypo

Hypoglycaemia (also known as a "hypo") is when your blood sugar level falls too low. A blood sugar (glucose) below 4.0 mmol/L should be treated.

When you are on diabetes medication, a long period of fasting can make you more prone to low blood sugar levels. Symptoms of hypoglycaemia include:

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

It is important to check your blood sugar levels more often over this time (every 2 hours if you are worried).

What to do if you have a hypo whilst fasting:

If your blood sugar is under 4.0 mmol/L, you must break your fast. Have 2 to 5 glucose tablets.

Check your blood sugar level every hour, until your test. If during your hourly checks your blood sugar drops again below 4.0 mmol/L, you can take another glucose tablet.

If you have a hypo whilst preparing for your procedure, tell the staff when you arrive so we can monitor you more closely.

Section 1 - For patients taking insulin only

Name of insulin	Day before procedure	Day of procedure (PM appointment)	After procedure
Biphasic mixed insulins / 2 times a day			
Novomix 30 Humulinm3 Humalog mix 25 Humalog mix 50 Insuman comb 25 Insuman comb 50 Hypurin Porcine 30/70 mix	Reduce evening dose by a half.	A/ Take only half of usual dose in the morning B) Take your usual dose in the evening with food.	Take usual dose of insulin.
Basal/bolus insulin regime			
<u>Bolus insulins:</u> Actrapid Humulin S Insuman Rapid Novorapid Fiasp Humalog Apidra Lymjev Trurapi Hypurin Porcine Neutral	Do not take your evening dose of insulin.	a) Do not take your morning dose of insulin b) Do not take your lunchtime dose of insulin. c) Take usual evening dose of insulin with food.	Take usual dose of insulin.
<u>Basal insulins:</u> Lantus Levemir Insulatard Humulinl Insuman basal Abasaglar Toujeo Tresiba Semglee Hypurin Porcine Isophane Xulutophy	If taken in the morning:		
	Take half dose of insulin in the evening.	Take usual dose of insulin.	
If taken in the evening:			
	Reduce your insulin by a half.	Take usual dose of insulin in the evening.	

Section 2 - For patients taking tablets, or GLP-1 medicine or injections, for diabetes control

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

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 Nataglinide	Do not take evening dose.	Do not take morning or lunchtime dose.	Take as usual.
Gliclazide Glibenclamide Glipizide Glimepride Gliquidone	a) Take usual dose in the morning. b) Take half usual dose in the evening.	a) Do not take in the morning. b) Take as usual in the evening.	Take as usual.
Pioglitazone	Take as usual.	Take as usual.	Take as usual.
Dapagliflozin Canagliflozin Empagliflozin Ertugliflozin	Stop 4 days before procedure.	Do not take dose.	Take as usual.
Sitagliptin Saxagliptin Vildagliptin Alogliptin Linagliptin	Take as usual.	a) Do not take in the morning. b) 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
---	----------------------	---------------	----------------------

