

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

## Endoscopy Unit

Information for Patients

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## 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.**

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

**Section 1: Patients on insulin only**

**Section 2: Patients on tablets only or injections, not insulin**

**Sections 1 and 2: Patients on 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.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://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](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Section 1: For patients who are on insulin to control diabetes

### What to do the day before your procedure

- Eat and drink normally. Please try to include rice or bread in your last meal.

### What to do on the day of your procedure

- Your stomach must be empty for this test, 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 test	Day after test
<b>Biphasic mixed insulins/2 times a day</b>			
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	Take usual dose of insulin
<b>Basal/bolus insulin programme</b>			
<b>Bolus insulins</b> 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	Take usual dose of insulin
<b>If insulin is taken in the morning</b>			
<b>Basal insulins</b> Lantus Levemir Insulatard Humulinl Insuman basal Abasaglar	Take usual dose of insulin	a) Take only half of your dose of insulin if taken insulin in the morning.	Take usual dose of insulin
Toujeo Tresiba Semglee		<b>If taken in the evening</b> Reduce your insulin by a half	

## Monitoring

If you are diabetic on insulin or tablets you are more likely to have a low blood sugars/ glucose levels when you have fasted for a long time.

It is important to check your glucose levels more often over this 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
- fast or heavy heartbeat
- odd behaviour (usually noticed by another person)
- trouble concentrating

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

If you are taking medicines that are not mentioned here, please get 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. Do not have anything to eat or drink for 6 hours before the procedure. Please see below, about your specific tablets.

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	Take normal dose	Do not take morning or lunchtime dose	Take as usual
Gliclazide Gleбенclimide 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-1injections and tablets			
Trulicity Exenatide (Byetta) Liraglutide Rybelsus Lixisenatide Semaglutide (Ozempic) Mounjaro	Take usual dose	Take usual dose	Take usual dose



## Contact details

If you are not able to 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:

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.

If you have any questions, write them down here to remind you what to ask:

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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 [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)