

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

Endoscopy Unit

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Information for Patients

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## Introduction

If you are due to have an endoscopy procedure into the bowel, you will be fasting for a period of time which can cause blood sugar (glucose) levels to be lower than usual.

If you have diabetes and take medication for this, you will need to adjust this according to the timing of your appointment to avoid having a 'hypo' (low blood sugar). The advice in this leaflet will help you to manage your diabetes to keep your blood sugar within safe levels (i.e. between 4 and 11mmol/L).

Adjusting your medication may upset your blood sugar levels because of changes in your routine. 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 on insulin alone.
- Follow the advice in **section 2** if you are on tablets alone, or non-insulin injectable medication.
- Follow the advice in **sections 1 & 2** if you take a combination of insulin, tablets or any other injectable treatment.

If you have any questions about managing your diabetes for the procedure, 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](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Day before your procedure

- Have breakfast, keeping to the low residue diet that you are on. Please try and include white bread or white boiled rice with this meal.
- You must **not** eat any more food until after your procedure. Refer to the accompanying bowel preparation solution sheet for when to stop.

Drink plenty of clear fluids i.e. water, tea without milk. Follow the instructions on the accompanying bowel preparation solution sheet in your appointment pack.

- Monitor 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.
- 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.

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

### What to do if you have a hypo whilst fasting:

If you find your blood sugar is under 4.0 mmol/L, you must break your fast with 2 to 5 glucose tablets. You will need to check your blood sugar level every hour, until you have had your procedure. 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, please let staff know on arrival so we can monitor you more closely when you arrive.

## Section 1 - For patients taking insulin only

Name of insulin	Day before procedure	Day of procedure (AM appointment)	Day of procedure (PM appointment)	Day after procedure
<b>Biphasic mixed insulins / Twice daily</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.	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 regime</b>				
<b><u>Bolus insulins:</u></b> Actrapid Humulin S Insuman Rapid Novorapid Fiasp Humalog Apidra Lymjev	Take usual 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 your lunchtime dose of insulin. c) Take usual evening dose of insulin, if eating and drinking.	Take usual dose of insulin.
<b><u>Basal insulins:</u></b> Lantus Levemir Insulatard Humulinl Insuman basal Abasaglar Toujeo Tresiba Semglee	<b>If taken in the morning:</b>			
	Take usual dose of insulin.	Take only half of your dose of insulin if taken insulin in the morning.	Reduce your insulin by a third if taken in the morning.	Take usual dose of insulin.
	<b>If taken in the evening:</b>			
	Reduce your insulin by a half.	Take usual dose of insulin.	Take usual dose of insulin.	Take usual dose of insulin.

## Section 2 - For patients taking tablets, or GLP-1 medication 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 Nateglinide	Take normal 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	<b>Stop 3 days before procedure.</b>	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.
<b>GLP-1 injections and tablets</b>			
Trulicity Exenatide (Byetta) Liraglutide Rybelsus Lixisenatide Semaglutide (Ozempic)	Take normal dose.	If weekly injection is due - don't take dose. If daily medication or injection - don't take dose.	Take weekly injection today if it was due on day of procedure. If daily - medication and injection - take as usual.

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।  
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