

Information for people with diabetes before a gastroscopy and colonoscopy.

This patient information factsheet is to help you manage your diabetes safely around the time of your camera test (endoscopy).

If you have type 1 or type 2 diabetes, it is important that you read this leaflet as you may need to make some changes to your tablets and blood glucose (sugar) monitoring regime around the time of your endoscopy (camera test). This is because you will be fasting before your test and so there is a risk that your blood glucose level could become too low (this is known as hypoglycaemia or a "hypo").

Here are some symptoms of hypoglycaemia:

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|------------------|--------------------|
| - Sweating | - Light headedness |
| - Feeling shaky | - Weakness |
| - Blurred vision | - Extreme hunger |
| - Drowsiness` | - Slurred speech |

If you have any of these symptoms and your blood glucose level is less than 4mmol/L, please take some dextrose sweets or drink sugary drinks, such as Lucozade or orange juice (smooth, no bits).

If you are having a colonoscopy (camera test through the back passage), you will begin taking bowel preparation the day before your test. It is important that you check your blood glucose levels more frequently on the day before your test and the day of your test.

This leaflet contains information about your diabetes medications before a gastroscopy (camera test through the mouth) and colonoscopy. If you are having both procedures done on the same day, please follow the advice for those undergoing colonoscopy.

You will also need to follow the instructions regarding diet and bowel preparation.

Examples of diabetes medications (for type 1 and type 2 patients)

Oral diabetes medications (tablets): metformin, gliclazide/gliclazide MR, glibenclamide, glipizide, glimepiride, pioglitzone, sitagliptin, saxagliptin, vildagliptin, linagliptin, acarbose, repaglinide, nateglinide, dapaglifozin, empagliflozin, canagliflozin, ertugliflozin.

Long-acting insulin: lantus/glargine, Levemir/detemir, Toujeo, Tresiba

Intermediate-acting insulin: insulatard, Humulin I, insuman basal

Short/rapid-acting insulin: novorapid, Humalog, apidra, fiasp

Mixed-insulin: novomix 30, Humulin M3, Humalog Mix 25

Other injectable treatments (not insulin): exenatide (Byetta), liraglutide (Victoza), semaglutide (Ozempic), dulaglutide (Trulicity)

For those undergoing a gastroscopy/OGD – i.e. camera test through the mouth:

Tablets	Day Before Procedure	Morning Procedure	Afternoon Procedure
Metformin	Take usual doses.	Do not take your morning dose. If you only take Metformin in the morning, please take the morning dose with your lunch.	Take your usual morning dose with breakfast. If you normally take metformin at lunchtime, do not take on day of procedure.
Sulphonylureas (e.g. Gliclazide)	Take usual doses.	Do not take your morning dose. If you only take this medication in the morning, please take your usual morning dose at lunchtime.	Do not take your morning dose.
Pioglitazone	Take usual doses.	Delay until after your procedure and you are eating again.	Take as normal.
DDP-IV inhibitors; e.g. sitagliptin, linagliptin.	Take usual doses.	Do not take your morning dose. If you only take your medication in the morning, take your usual morning dose with lunch.	Do not take your morning dose.
SGLT2 inhibitors; e.g. dapaglifozin.	Take usual doses.	Do not take on the day of your procedure. Restart the day after the procedure, when eating and drinking as usual.	Do not take on the day of your procedure. Restart the day after the procedure, when eating and drinking as usual.

Other injectable medications:

	Day Before Procedure	Morning Procedure	Afternoon Procedure
Liraglutide (e.g. Victosa)	Take usual doses with breakfast, then hold until back eating.	Delay until after the procedure.	Delay until after the procedure.
Semaglutide (e.g. Ozempic)		Delay by one day if due.	Delay by one day if due.
Exanatide (e.g. Byetta)	Take usual doses with breakfast, then hold until back eating.	Do not take morning dose.	Do not take morning dose.
Dulaglutide (e.g. Trulicity)		Delay by one day if due.	Delay by one day if due.

Before your colonoscopy – i.e. camera test through the back passage

Tablets	Day Before Procedure	Morning Procedure	Afternoon Procedure
Metformin	Take usual doses with breakfast, then hold until back eating.	Do not take your morning dose. If you only taken Metformin in the morning, please take the morning dose with your lunch.	Take your usual morning dose with breakfast. If you normally take metformin at lunchtime, do not take on day of procedure.
Sulphonylureas (e.g. Glicazide)	Do not take the day before.	Do not take your morning dose. If you only take this medication in the morning, please take your usual morning dose at lunchtime.	Do not take your morning dose.
Pioglitazone	Take usual doses with breakfast, then hold until back eating.	Delay until after your procedure and you are eating again.	Take as normal.
DDP-IV inhibitors; e.g. sitagliptin, linagliptin.	Take usual doses with breakfast, then hold until back eating.	Do not take your morning dose. If you only take your medication in the morning, take your usual morning dose with lunch.	Do not take your morning dose.
SGLT2 inhibitors; e.g. dapaglifozin, empaglifozin.	Do not take on the day before your procedure. This is the day you begin taking your bowel preparation.	Do not take on the day of your procedure. Restart the day after the procedure, when eating and drinking as usual.	Do not take on the day of your procedure. Restart the day after the procedure, when eating and drinking as usual.

Other injectable medications

	Day Before Procedure	Morning Procedure	Afternoon Procedure
Liraglutide (e.g. Victosa)	Take usual doses with breakfast, then hold until back eating.	Delay until after the procedure.	Delay until after the procedure.
Semaglutide (e.g. Ozempic)		Delay by one day if due.	Delay by one day if due.
Exanatide (e.g. Byetta)	Take usual doses with breakfast, then hold until back eating.	Do not take morning dose.	Do not take morning dose.

Management of your insulin regime around the time of your camera test.

Type 1 Diabetes		
	Day Before Colonoscopy	Day of Colonoscopy
Medication and Insulin Regimen	Check blood glucose 4 times per day. If blood glucose is less than 4mmol/L – take 200mls Lucozade or orange juice.	Check blood glucose every 2 hours. If blood glucose is less than 4mmol/L – suck 5 glucose sweets.
Insulin Pump	Continue basal rate. Bolus with food or if correction required.	Continue basal rate. OMIT bolus doses until back eating.
Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba)	Take the full dose of basal insulin at the usual time	Take the full dose of basal insulin at the usual time.
Bolus Insulin (eg. Novorapid, Apidra, Humalog)	1) Only take quick acting(bolus) insulin if eating carbohydrate foods. If carbohydrate counting, follow usual ratios. 2) If on sliding scale seek advice from diabetes team (as carbohydrate intake may be reduced or omitted from evening meal)	If carb counting, follow usual ratios when back eating. If on sliding scale, resume usual scale (if carbohydrate intake is reduced, seek advice from diabetes team).



Colonoscopy Type 2 Diabetes		
	Day Before Colonoscopy	Day of Colonoscopy
Medication and Insulin Regimen	<p>Check your blood glucose levels four (4) times per day.</p> <p>If your blood glucose level is less than 4mmol/L, please take 200ml of orange juice or Lucozade.</p>	<p>Check your blood glucose levels every 2 hours.</p> <p>If your blood glucose level is less than 4mmol/L, please suck 5 glucose sweets.</p>
Basal Insulin only (eg. Lantus, Levemir, Toujeo, Tresiba)	Take HALF dose at usual time	Take full dose at usual time
Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba) Bolus insulin (eg. Novorapid, Apidra, Humalog)	<p>Take HALF the dose of basal insulin at the usual time</p> <p>Take HALF the usual bolus doses with meals, then OMIT until back eating.</p>	<p>Take the full dose of basal insulin at the usual time.</p> <p>OMIT bolus doses until back eating</p>
Pre Mix Insulin BD (eg. Novomix 30, Humalog Mix 25, Humulin M3)	Take HALF the usual doses at the usual times.	<p>HOLD morning dose.</p> <p>If patient is back eating before 11am, give the full morning dose with meal.</p> <p>If the patient is back eating after 11am, give HALF the morning dose with meal.</p> <p>Give evening dose as usual.</p>