

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 regimen 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:

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

If you have any of these symptoms and your blood glucose level is less than 4mmol/L, 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 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.

Examples of common brand names for medications are included in each of the tables, to help you identify your medication easily.

Before your gastroscopy/OGD – i.e. camera test through the mouth:

No change in diet or medications is required on the day **before** endoscopy.

| Tablets | Day Before Procedure | Morning Procedure | Afternoon Procedure |
|---|----------------------|--|---|
| Metformin (Glucophage) | 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 (Actos) | Take usual doses. | Delay until after your procedure and you are eating again. | Delay until back eating. |
| DDP-IV inhibitors; e.g. sitagliptin, linagliptin, vildagliptin, saxagliptin | 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. | Delay until back eating. |
| SGLT2 inhibitors; e.g. dapagliflozin, canagliflozin, empagliflozin | Take usual dose. | 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) | Take usual dose if due. | 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) | Take usual dose if due. | Delay by one day if due. | Delay by one day if due. |



OGD/Gastroscopy - Type 1 Diabetes

| | Day Before OGD/Gastroscopy | Day of OGD/Gastroscopy |
|--|--|---|
| Medication and Insulin Regimen | <p>Check blood glucose 4 times per day.</p> <p>If blood glucose is less than 4mmol/L – take 200mls Lucozade or orange juice.</p> | <p>Check blood glucose every 2 hours.</p> <p>If blood glucose is less than 4mmol/L – chew 5 glucose sweets.</p> |
| Insulin Pump | <p>Continue basal rate. Bolus with food or if correction required.</p> | <p>Continue basal rate. OMIT bolus doses until back eating.</p> |
| <p>Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba)</p> <p>Bolus Insulin (eg. Novorapid, Apidra, Humalog, fiasp)</p> | <p>Take the full dose of basal insulin at the usual time.</p> <p>1) Take usual doses of your bolus insulin with your meals. If carbohydrate counting, follow usual ratios.</p> <p>2) If using sliding scale follow scale as usual.</p> | <p>Take the full dose of basal insulin at the usual time.</p> <p>Omit bolus insulin until back eating.</p> <p>If carb counting, follow usual ratios when back eating.</p> <p>If on sliding scale, resume usual scale when back eating(if carbohydrate intake is reduced, seek advice from diabetes team).</p> |



OGD/Gastroscopy Type 2 Diabetes

| | Day Before OGD/Gastroscopy | Day of OGD/Gastroscopy |
|--|---|---|
| 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, 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, chew 5 glucose sweets.</p> |
| Basal Insulin only (eg. Lantus, Levemir, Toujeo, Tresiba) | Take usual dose at usual time | Take HALF dose at usual time |
| Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba) | Take usual dose of basal insulin at the usual time. | Take HALF dose of basal insulin at the usual time. |
| Bolus insulin (eg. Novorapid, Apidra, Humalog, fiasp) | Take usual bolus doses with meals. | OMIT bolus doses until back eating. |
| Pre Mix Insulin BD (eg. Novomix 30, Humalog Mix 25, Humalog Mix 50, Humulin M3) | Take usual doses at the usual times. | <p>HOLD morning dose.</p> <p>If you are back eating before 11am, give the full morning dose with meal.</p> <p>If you are back eating after 11am, give HALF the morning dose with meal.</p> <p>Give evening dose as usual.</p> |
| Intermediate Insulin Eg. Humulin I, Insulatard, Insuman Basal | Take usual dose at the usual times. | <p>Take HALF usual dose in the morning.</p> <p>If you take twice a day take usual evening dose</p> |

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 take Metformin in the morning, 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, 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. | Delay until after your procedure and you are eating again. |
| 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. | Delay until after your procedure and you are eating again. |
| 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. Victoza) | Take usual doses with breakfast, then hold until back eating. | Delay until after the procedure. | Delay until after the procedure. |
| Semaglutide (e.g. Ozempic) | Take usual dose if due. | Delay by one day if due. | Delay by one day if due. |
| Dulaglutide (eg. Trulicity) | Take usual dose if due. | 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 | <p>Check blood glucose 4 times per day.</p> <p>If blood glucose is less than 4mmol/L – take 200mls Lucozade or orange juice.</p> | <p>Check blood glucose every 2 hours.</p> <p>If blood glucose is less than 4mmol/L – chew 5 glucose sweets.</p> |
| Insulin Pump | Continue basal rate. Bolus with food or if correction required. | Continue basal rate. OMIT bolus doses until back eating. |
| <p>Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba)</p> <p>Bolus Insulin (eg. Novorapid, Apidra, Humalog)</p> | <p>Take the full dose of basal insulin at the usual time</p> <p>1) Only take quick acting(bolus) insulin if eating carbohydrate foods. If carbohydrate counting, follow usual ratios.</p> <p>2) If on sliding scale seek advice from diabetes team (as carbohydrate intake may be reduced or omitted from evening meal)</p> | <p>Take the full dose of basal insulin at the usual time.</p> <p>If carb counting, follow usual ratios when back eating.</p> <p>If on sliding scale, resume usual scale (if carbohydrate intake is reduced, seek advice from diabetes team).</p> |



| 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, 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, chew 5 glucose sweets.</p> |
| Basal Insulin only (eg. Lantus, Levemir, Toujeo, Tresiba) | Take HALF dose at usual time | Take full dose at usual time |
| <p>Basal insulin (eg. Lantus, Levemir, Toujeo, Tresiba)</p> <p>Bolus insulin (eg. Novorapid, Apidra, Humalog, fiasp)</p> | <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, Humalog Mix 50, Humulin M3) | Take HALF the usual doses at the usual times. | <p>HOLD morning dose.</p> <p>If you are back eating before 11am, give the full morning dose with meal.</p> <p>If you are back eating after 11am, give HALF the morning dose with meal.</p> <p>Give evening dose as usual.</p> |
| Intermediate Insulin Eg. Humulin I, Insulatard, Insuman Basal | Take usual dose at the usual times. | <p>Take HALF usual dose in the morning.</p> <p>If you take twice a day take usual evening dose</p> |