

# OGD (gastroscopy): guidance for patients with diabetes

## Information for patients

If you have diabetes and are being treated with tablets or injections, the nurse in the Endoscopy Unit will help you follow the guidelines below to adjust your diabetes medication to prepare for the procedure (gastroscopy).

**Please note:** after the procedure, when you resume normal eating and drinking, you should resume your usual diabetes medication.

If you control your diabetes with diet alone, the instructions below will not apply to you. Please refer to the instructions in the main '[OGD \(gastroscopy\): information for patients](#)' leaflet. You do not need to do anything else.

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band, we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## Important information

Do not eat for six hours before your appointment.

You can drink clear fluids (including sugar-free squash) up to two hours before your appointment.

## What adjustments do I need to make to my diabetes medication for the procedure?

Please use the recommendations in this leaflet to complete the diabetes medication adjustment plan in the table below, at least one day before your procedure. This will be completed at your pre-assessment visit with the support of a clinician (nurse or doctor).

### Personal medication adjustment plan

Reviewed by:

Date:

Usual diabetes medication	One day before colonoscopy Date :	Day of colonoscopy Date:

If you have type 1 diabetes and/or are using a continuous subcutaneous insulin infusion (insulin pump) please contact your diabetes nurse or doctor for support to adjust your insulin before your gastroscopy procedure. You can also get advice from the diabetes therapy network (DTN) website (<https://abcd.care/dtn/educational-resources-people-living-diabetes>).

Changing your diabetes medication may result in disruption of your normal control for 24 to 48 hours after the procedure.

### Blood glucose monitoring

People with diabetes who are treated only with tablets or GLP-1 injections, and who do not use insulin, do not usually need to do regular home blood glucose monitoring.

If your diabetes is treated with insulin you need to monitor your glucose regularly.

Contact your usual diabetes team or GP practice if you do not have a blood glucose meter.

On the day of your procedure, check your blood glucose level regularly:

- when you wake and then at least every four hours
- aim for your blood glucose levels to be between 5 and 15 mmol/L

## Hypoglycaemia management

If your blood glucose level falls below 4 mmol/L, treat with a sugary drink such as 180mls of clear or fizzy sports drink or fruit juice, and recheck your blood glucose level after 15 minutes. If you have had hypoglycaemia treatment less than four hours before your appointment, please inform the nurse on arrival.

## Recommendations for adjusting diabetes medication to prepare for a OGD (gastroscopy) procedure

If you take non-insulin diabetes medication (tablets and GLP-1 receptor analogue)

		On the day of procedure	
Tablets	Day before admission	Morning appointment	Afternoon appointment
Acarbose	Take as usual	Do not take morning dose	Take morning dose if eating
Meglitinides (repaglinide or nateglinide)	Take as usual	Do not take morning dose	Take morning dose if eating Do not take lunch dose Take evening dose if eating
Metformin	Take as usual	Take as usual	Take as usual
Sulphonylurea (for example, glibenclamide, gliclazide, glipizide, glimeperide)	Take as usual	Do not take morning dose  Take usual evening dose if eating	Do not take morning (breakfast) dose  Take usual evening meal dose if eating
Pioglitazone	Take as usual	Take as usual	Take as usual

		On the day of procedure	
Tablets	Day before admission	Morning appointment	Afternoon appointment
DPP-4 inhibitors (for example, sitagliptin, vildagliptin, saxagliptin, alogliptin, linagliptin)	Take as usual	Take as usual	Take as usual
GLP-1 analogues (for example, exenatide, liraglutide, lixisenatide, dulaglutide, semaglutide)	Take as usual	Take as usual	Take as usual
SGLT-2 inhibitors (for example, dapagliflozin, canagliflozin, empagliflozin, ertugliflozin)	Take as usual if eating and drinking <b>Do not take if not eating or reducing oral intake</b>	<b>Do not take on day of procedure</b>	<b>Do not take on the day of procedure</b>

### If you take insulin treatment

	Insulins	Examples	Morning Appointment	Afternoon Appointment
Basal (long-acting) insulin	Once daily (morning)	Abasaglar®, Humulin I®, Insulatard®, Lantus®,	<b>Take 80% of usual dose of insulin</b> (for example, if your insulin dose is 20 units take 16 units)	<b>Take 80% of usual dose of insulin</b> (for example, if your insulin dose is 20 units take 16 units)
	Once daily (evening or night)	Levemir®, Semglee®, Tresiba®,	Take usual dose of insulin	Take usual dose of insulin
	Twice daily	Toujeo®, Xultophy®	Take <b>80%</b> of usual dose in the morning Take usual evening or night dose	Take <b>80%</b> of usual dose in the morning Take usual evening or night dose

	<b>Insulins</b>	<b>Examples</b>	<b>Morning Appointment</b>	<b>Afternoon Appointment</b>
<b>Premixed insulin</b>	Twice daily (premixed insulin)	Humulin M3® Humalog Mix25® Humalog Mix50®	Do not take morning dose. If eating lunch take 50% of usual morning dose before lunch. Resume usual dose with evening meal	Take 50% the usual morning (breakfast) dose of insulin if eating.  Resume usual dose with evening meal.
	Three times per day (premixed insulin)	Hypurin® Porcine 30/70 Mix Novomix 30®	Do not take morning dose. If eating lunch take usual lunch dose with lunch or do not take if not eating Resume usual dose with evening meal.	Take 50% the usual morning (breakfast) dose of insulin if eating.  Do not take lunch dose. Resume usual dose with evening meal.
<b>Quick acting insulin</b>	Quick acting insulin with meals (two to four doses per day)	Actrapid® NovoRapid® Apidra® Fiasp® Humalog® Humulin® S Hypurin® Porcine Neutral Lyumjev®	Do not take the morning dose of quick acting insulin. Resume your usual insulin doses when you resume eating and drinking.	Take usual morning (breakfast) dose of quick acting insulin if eating.  Do not take lunchtime dose of quick acting insulin if not eating.  Resume usual insulin dose with evening meal.

If you have any questions, such as what to do about diabetes medication, contact your usual diabetes care provider. Please do this well in advance of your appointment.

If you want to change your appointment or need another information leaflet, contact the relevant Endoscopy Unit Reception, 9am to 5pm, Monday to Sunday.

- King's College Hospital reception, tel: 020 3299 3599
- PRUH reception, tel: 01689 864120 (male)
- PRUH reception, tel: 01689 864723 (female)

## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## **Sharing your information**

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**