

**Diabetes Medication Guidelines for
people with diabetes requiring
Upper GI Endoscopy**



York Teaching Hospital
NHS Foundation Trust

**Morning Appointment
Insulin recommendations**

Day before Procedure

If you take long acting insulin such as:
Lantus, Levemir, Humulin I, Insuman Basal, Abasaglar, Toujeo, Tresiba
Reduce your dose of insulin by 20% the day before your procedure

Day of Procedure

Type of Insulin	What to do
<p style="text-align: center;">Once daily (long acting insulin) evening injection</p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	Do not need to do anything – will be able to have usual evening insulin after the procedure
<p style="text-align: center;">Once daily (long acting insulin) morning injection</p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	Reduce dose by 20%
<p style="text-align: center;">Twice daily insulin</p> <p>Humulin M3 Novomix 30 Humalog Mix 25 Humalog Mix 50 Levemir or Lantus given twice a day</p>	<p>Half usual morning dose.</p> <p>You can take usual evening dose after the procedure as normal</p>
<p style="text-align: center;">Multiple daily injection regime</p> <p>This includes an injection of short acting insulin with meals and once or twice daily background insulin</p>	<p>Omit morning dose of short acting insulin</p> <p>Reduce morning long acting insulin dose if taken in morning by 20%</p>

**Diabetes Medication Guidelines for
people with diabetes requiring
Upper GI Endoscopy**



York Teaching Hospital
NHS Foundation Trust

**Morning appointment
Non – insulin medication
recommendations**

Day before the procedure

Take all medication as normal the day before

Day of the procedure

Medication	What to do
Metformin	Take as normal in morning - if a dose is taken at lunchtime – omit this dose
Sulfonylureas (e.g. gliclazide, glipizide, glimepiride)	Omit the morning dose. Take usual evening dose if taken twice a day following procedure
Meglitinides (e.g. repaglinide or nateglinide)	Omit morning dose Take usual evening dose if taken twice a day following procedure
Pioglitazone	Take as normal
DPP4 inhibitors (e.g. sitagliptin, linagliptin, alogliptin, saxagliptin)	Take as normal
SGLT2 inhibitors (e.g. dapagliflozin, canagliflozin, empagliflozin)	Omit dose
GLP1 injections (e.g. exenatide, liraglutide lixisenatide, dulaglutide)	Take as normal

Remember to test blood glucose more regularly if you usually test, and that your glucose level may be a little erratic for a few days after the procedure.

Keep hypo treatment with you in case of low blood glucose levels (glucose level under 4 mmol/L)

For further advice contact the Diabetes Team:
York (01904) 726510
Scarborough (01723) 342274

Providing care together in York, Scarborough, Bridlington,
Malton, Selby and Easingwold Communities

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Tara Kadis, Diabetes and Endocrine Unit, The York Hospital, telephone 01904 726510 or email tara.kadis@york.nhs.uk.

Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz



01904 725566

email: access@york.nhs.uk



Braille



Audio e.g.
CD



Large print



Electronic

Owner	Tara Kadis – Diabetes Team
Date first issued	October 2018
Review Date	September 2020
Version	1 (issued October 2018)
Approved by	Diabetes and Endocrine Team
Document Reference	PIL 1269 v1

© 2018 York Teaching Hospital NHS Foundation Trust. All Rights reserved