

Diabetes Medication Guidelines for adults requiring a short fasting period (less than 12 hours) procedure



York Teaching Hospital
NHS Foundation Trust

Afternoon Appointment

This guideline is recommended for those people who can eat a light breakfast on the morning of the procedure

Day before Procedure

You should be able to take all your diabetes medication and insulin the day before your procedure, however If you take insulin and you are concerned that your glucose levels may drop due to fasting then consider reducing your insulin by 20% the evening / night before the test.

Day of Procedure

Type of Insulin	What to do
<p>Once daily (long acting insulin) Morning injection</p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	<p>Reduce morning dose by 20%</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you</p>
<p>Once daily (long acting insulin) Evening injection</p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	<p>No dose adjustment necessary</p> <p>You will be able to have usual evening insulin after the procedure</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you</p>
<p>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 your usual morning dose.</p> <p>You can take usual evening dose after the procedure as normal</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you.</p>

Type of Insulin	What to do
<p data-bbox="188 159 727 197">Multiple daily injection regime</p> <p data-bbox="129 244 748 367">This includes an injection of short acting insulin with meals and once or twice daily background insulin</p>	<p data-bbox="810 159 1458 327">Take usual morning dose of short acting insulin if eating breakfast. If only having a light breakfast – consider reducing your insulin by 50%</p> <p data-bbox="810 351 1150 389">Omit lunchtime dose</p> <p data-bbox="810 414 1398 495">Reduce morning long acting insulin dose if taken in morning by 20%</p> <p data-bbox="810 519 1442 600">Your glucose level should be checked before your procedure.</p> <p data-bbox="810 624 1342 705">Remember to take your glucose monitoring equipment with you.</p>

Day before the procedure
Non – insulin medication recommendations

Take all medication as normal the day before
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Day of the procedure

Medication	What to do
Metformin	Take as normal in morning Omit lunchtime dose if taken Take evening dose as usual
Sulfonylureas (e.g. gliclazide, glipizide, glimepiride)	Omit all doses taken on day of procedure
Meglitinides (e.g. repaglinide or nateglinide)	Give morning dose if eating breakfast
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

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.

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