

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



**York Teaching Hospital**  
NHS Foundation Trust

## Morning Appointment

This guideline is recommended for those people who have been asked to fast from 12 midnight before their procedure.

### Day before Procedure Insulin Recommendations

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 style="text-align: center;"><b>Once daily (long acting insulin) morning injection</b></p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	<p>Reduce 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 style="text-align: center;"><b>Once daily (long acting insulin ) Evening / night time injection</b></p> <p>Lantus Levemir Humulin I Insuman Basal Abasaglar Toujeo Tresiba</p>	<p>Do not need to do anything – 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 style="text-align: center;"><b>Twice daily insulin</b></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>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="199 136 738 174"><b>Multiple daily injection regime</b></p> <p data-bbox="108 181 802 304">This includes an injection of short acting insulin with meals and once or twice daily background insulin</p>	<p data-bbox="850 136 1422 219">Omit morning dose of short acting insulin</p> <p data-bbox="850 244 1441 327">Reduce morning long acting insulin dose if taken in morning by 20%</p> <p data-bbox="850 351 1385 434">Your glucose level should be checked before your procedure.</p> <p data-bbox="850 459 1390 542">Remember to take your glucose monitoring equipment with you</p>

**Non-Insulin Medication  
Day before the procedure**

Take all medication as normal the day before

**Day of the procedure**

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