

Preparing for your OGD: Patients with diabetes

Please follow this advice if you have diabetes controlled either with tablets or injections. If you control your diabetes with diet alone, the instructions below will not apply to you, so please refer to the instructions in the main OGD (gastroscopy): information for patients leaflet. You do not need to do anything else. Changing your medication may result in disruption of your normal control for 24-48 hours after the procedure. This is sometimes the case and will not cause any long-term problems.

FOR MORNING APPOINTMENTS

Food and drink:

- Do not eat for 6 hours prior to your appointment
- You can drink clear fluids (incl. sugar-free squash) up to 4 hours before your appointment
- Test your blood glucose regularly. If it drops below 4, please treat with a sugary drink such as Lucozade 100ml, apple or grape juice 200ml, until your level is 5. You can do this for up to 4 hours before your appointment.

If you take oral hypoglycaemic agents (tablets):

- On the day of the procedure omit the morning dose of medication
- After the procedure resume taking your usual medication when you start eating again.
- On the day of the procedure, if you are able to have lunch, take the usual dose of medication due at lunch time. Also take half the dose of the morning medication with lunch. For example if your usual dose of Gliclazide is 160mg before breakfast take 80mg with lunch.

If you take Exenatide or Liraglutide

- Do not take on the day of your OGD and restart once you are eating and drinking normally.

If you are on insulin treatment, it depends on when and how often you have injections...

Once daily background insulin in the evenings / nights (Levemir, Lantus, Humulin I, Insulatard)

- Take your usual dose - No adjustment necessary.

Once daily background insulin in the mornings

- Reduce your usual dose by 1/3, for example if you usually take 18 units of Levemir reduce the dose to 12 units to reduce risk of hypoglycaemia.

Twice daily insulin injections (Novomix30, HumulinM3, HumalogMix50, HumalogMix25)

- Half the usual morning dose
- Resume usual dose with evening meal

Basal- bolus insulin regimen (three, four or five injections per day)

- Do not take the morning dose of quick acting insulin
- Reduce morning dose of background (long-acting) insulin by one third. For example if you are on Levemir 18 units in the mornings take 12 units instead
- Resume your usual insulin doses when you resume eating and drinking.

FOR AFTERNOON APPOINTMENTS

Food and drink

- Eat breakfast by 7am and then do not eat anything after this time
- You can drink clear fluids (incl. sugar-free squash) up to 4 hours before your appointment
- Test your blood glucose regularly. If it drops below 4, please treat with a sugary drink such as Lucozade 100ml, apple or grape juice 200ml, until your level is 5. You can do this for up to 4 hours before your appointment.

If you are taking oral hypoglycaemic agents (tablets)

- If taking the following tablets: Metformin, Acarbose, Repaglinide, Thiazolidinediones (pioglitazone) - take the morning dose as usual if you are eating breakfast
- If taking Gliclazide and/or sitagliptin or saxagliptin omit morning dose
- Do not take the lunchtime doses
- Resume taking usual medication when you are able to eat and drink normally.

If you take Exenatide or Liraglutide

- Do not take on the day of your OGD and restart once you are eating and drinking normally.

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Once daily background insulin in the evenings / nights (Levemir, Lantus, Humulin I, Insulatard)

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Once daily background insulin in the mornings

- Reduce your usual dose by one-third, for example if you usually take 18 units of Levemir reduce the dose to 12 units to reduce the chance of hypoglycaemia.

Twice daily insulin injections (Novomix30, HumulinM3, HumalogMix50, HumalogMix25)

- Half the usual morning dose
- Resume usual dose with evening meal.

Basal- bolus insulin regimen (three, four or five injections per day)

- Take usual dose(s) of morning insulins
- Omit lunchtime dose
- Resume usual insulin dose with evening meal.

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 3601.

