



INSTRUCTIONS FOR THE ADJUSTMENT OF DIABETIC MEDICATION(S) FOR A PLANNED GASTROSCOPY: MORNING APPOINTMENT

This leaflet will help you safely adjust your diabetes medication in preparation for your gastroscopy. Please read it in conjunction with the 'gastroscopy information booklet'.

You should have received a **MORNING appointment between 8-9 am**. Please contact the Endoscopy Centre if your appointment is later.

- Consider avoiding driving to or from the hospital due to the possibility of low blood glucose.
- Check your blood glucose reading before leaving home if possible.
- Bring your diabetes medicines with you.
- Bring your blood glucose monitor with you (if you have one).

DIABETES TREATMENT WITH DIET ONLY:

- Follow the dietary instructions for the procedure provided on separate on leaflet.

DIABETES TREATMENT WITH TABLETS WITH OR WITHOUT ANY INJECTION THERAPY:

- If you take any diabetes tablets at breakfast:
 - **DO NOT** take your breakfast dose of diabetes tablets on the day of the gastroscopy.
 - Restart your tablets at the next dose after the endoscopy (with your lunch or evening meal).

TREATMENT WITH INSULIN WITH OR WITHOUT TABLETS:

- If you are on a twice daily insulin regimen
 - **DO NOT** take your normal morning insulin
 - Bring it with you plus something to eat
 - After your procedure take **HALF** ($\frac{1}{2}$) of your usual morning insulin with your something to eat.
 - Take your normal evening insulin dose.
- If you take 4 times per day insulin (basal-bolus regimen)
 - **DO NOT** take breakfast time short acting Insulin
 - After the procedure restart your normal lunchtime insulin with food.
 - Take your normal evening and bedtime doses of insulin.
 - If you are on morning long-acting (basal) insulin in the morning take **TWO-THIRD** ($\frac{2}{3}^{\text{rd}}$) of the morning dose on the day of gastroscopy even though you are not having breakfast.

TREATMENT WITH EXANETIDE/ LIRAGLUTIDE/ LIXISENATIDE/ DULAGLUTIDE/ SEMAGLUTIDE INJECTIONS AND TABLETS, WITH OR WITHOUT INSULIN

- Follow the instructions for tablets and insulin instructions from above sections

- Continue Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity) as usual.

FOR ALL DIABETIC PATIENTS

If you have any difficulties with the above procedure, or you have any concerns regarding this procedure please ring the Endoscopy Department on **01582 497298** (Monday to Friday) and speak to a member of the nursing staff.

Please contact the Diabetes Centre on **01582 497113** or your community diabetes nurse or practice nurse / GP at your GP surgery for advice if concerned despite above information on weekdays especially if you take Insulin or injection treatment for diabetes.

MANAGEMENT OF HYPOGLYCAEMIA

If any of your blood glucose readings are low (below 4 mmol/l), or you feel 'hypo' at any time:

Drink 200ml of pure Orange or Apple juice

It is advisable to avoid **fizzy** drinks as this can affect your endoscopy.

- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this.
- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this treatment.
- **If your blood glucose remains low despite this treatment for over 30 minutes, please seek medical advice.**



INSTRUCTIONS FOR THE ADJUSTMENT OF DIABETIC MEDICATION(S) FOR A PLANNED GASTROSCOPY: **AFTERNOON APPOINTMENT**

This leaflet will help you safely adjust your diabetes medication in preparation for your gastroscopy. Please read it in conjunction with the 'gastroscopy information booklet'.

You should have received an **AFTERNOON appointment between 1-2pm**. Please contact the Endoscopy Centre if you have not received an appointment within these times.

- Consider avoiding driving to or from the hospital due to the possibility of low blood glucose.
- Check your blood glucose reading before leaving home if possible.
- Bring your diabetes medicines with you.
- Bring your blood glucose monitor with you (if you have one).

DIABETES TREATMENT WITH DIET ONLY:

- Follow the dietary instructions for the procedure provided on separate on leaflet.

DIABETES TREATMENT WITH TABLETS WITH OR WITHOUT ANY INJECTION THERAPY:

- Breakfast
- If you take any diabetes tablets at breakfast:
 - **DO NOT** take any diabetes tablets at breakfast or lunch
 - **TAKE** usual tablets with evening meal after Gastroscopy

TREATMENT WITH INSULIN WITH OR WITHOUT TABLETS:

- If you are on a twice daily insulin regimen
 - **TAKE HALF (½)** of your usual morning dose insulin at breakfast on the day of Gastroscopy.
 - Don't take your usual lunch time insulin
 - Resume usual dose of insulin with evening meal
- If you take 4 times per day insulin (basal-bolus regimen)
 - **DO NOT** take your normal short acting breakfast & lunch insulin
 - If you take **long-acting (basal) insulin** in the morning then take **TWO-THIRD (2/3rd) of the morning dose** on the day of gastroscopy even though you are not having breakfast.

TREATMENT WITH EXANETIDE/ LIRAGLUTIDE/ LIXISENATIDE/ DULAGLUTIDE INJECTIONS AND TABLETS, WITH OR WITHOUT INSULIN

- Follow the instructions for tablets and insulin instructions from above sections

- Continue Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity) as usual.
- Lunch
 - **DO NOT** take any diabetic medication.
- Evening
 - **TAKE** all diabetic medications as usual.

FOR ALL DIABETIC PATIENTS

If you have any difficulties with the above procedure, or you have any concerns regarding this procedure please ring the Endoscopy Department on **01582 497298** (Monday to Friday) and speak to a member of the nursing staff.

Please contact the Diabetes Centre on **01582 497113** or your community diabetes nurse or practice nurse / GP at your GP surgery for advice if concerned despite above information on weekdays especially if you take Insulin or injection treatment for diabetes.

MANAGEMENT OF HYPOGLYCAEMIA

If any of your blood glucose readings are low (below 4 mmol/l), or you feel 'hypo' at any time:

Drink 200ml of pure Orange or Apple juice

It is advisable to avoid **fizzy** drinks as this can affect your endoscopy.

- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this.
- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this treatment.
- **If your blood glucose remains low despite this treatment for over 30 minutes, please seek medical advice.**



INSTRUCTIONS FOR THE ADJUSTMENT OF DIABETIC MEDICATION(S) FOR A PLANNED COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY: MORNING APPOINTMENT

This leaflet will help you safely adjust your diabetes medication in preparation for your colonoscopy or flexible sigmoidoscopy.

You will have also received instructions about your bowel preparation. Please read both leaflets carefully – they will provide all relevant information.

You should have received a **MORNING appointment between 8-9 am**. Please contact the Endoscopy Centre if you have not.

- Consider avoiding driving to or from the hospital due to the possibility of low blood glucose.
- Check your blood glucose reading before leaving home if possible.
- Bring your diabetes medicines with you.
- Bring your blood glucose monitor with you (if you have one).

THE DAY BEFORE YOUR PROCEDURE

- **Breakfast (as usual)**
 - **TAKE** your usual dose of diabetes tablets (if applicable).
 - **TAKE** your usual dose(s) of insulin (if applicable)..
 - **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable).
- **Lunch (no later than 1pm)**
 - **DO NOT** take your usual tablets for your diabetes (if applicable).
 - **TAKE HALF (½)** of usual Insulin (if you take insulin) at lunch (if applicable).
 - If you do take Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable)
- **Evening:**
 - **DO NOT** take your usual evening dose (s) of diabetes tablets
- **If you take twice or three times per day insulin:**
 - **TAKE HALF (½)** your usual evening dose (if applicable).
- **If you take 4 times per day insulin (basal-bolus regimen)**
 - **DO NOT** take meal time short- acting insulin (if applicable).
 - **DO TAKE** in the evening or bed time the usual dose of long- acting insulin i.e. Levemir® (Determir) or Lantus® (Glargine) or Tresiba® (Degludec) if applicable.

- **If you take any other injection**

- **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable).

THE DAY OF YOUR PROCEDURE

- **DO NOT** take your usual morning dose of diabetes tablets (if applicable).
- **DO NOT** take any Insulin or other injection treatment for diabetes (if applicable).
- Bring your insulin, tablets, and any other injection treatment for diabetes with you along with something to eat.

ON ARRIVAL AT THE ENDOSCOPY UNIT

When you arrive at the Endoscopy unit your blood glucose will be checked and monitored by a nurse. If your blood glucose is not in safe range, your procedure will not be undertaken until after it is stabilised or it may be postponed.

AFTER YOUR PROCEDURE

- Your blood glucose will be checked before going home from the Endoscopy Centre.
- You can take morning usual diabetes tablets or Insulin with first meal after the procedure if before 11am. If first meal is after 11 am than **TAKE HALF (½)** the dose of tablets or insulin (as applicable.)
- **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable).
- **TAKE your usual diabetes medications with your evening meal.**

FOR ALL DIABETIC PATIENTS

If you have any difficulties with the above procedure, or you have any concerns regarding this procedure please ring the Endoscopy Department on **01582 497298** (Monday to Friday) and speak to a member of the nursing staff.

Please contact the Diabetes Centre on **01582 497113** or your community diabetes nurse or practice nurse / GP at your GP surgery for advice if concerned despite above information on weekdays especially if you take Insulin or injection treatment for diabetes.

MANAGEMENT OF HYPOGLYCAEMIA

If any of your blood glucose readings are low (below 4 mmol/l), or you feel 'hypo' at any time:

- Drink 200ml of pure Orange or Apple juice
- It is advisable to avoid **fizzy** drinks as this can affect your endoscopy.

- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this.
- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this treatment.
- Once you feel better, you will need a longer acting carbohydrate. Take 2-3 Rich Tea biscuits
- **If your blood glucose remains low despite this treatment for over 30 minutes, please seek medical advice.**



INSTRUCTIONS FOR THE ADJUSTMENT OF DIABETIC MEDICATION(S) FOR A PLANNED COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY: AFTERNOON APPOINTMENT

This leaflet will help you safely adjust your diabetes medication in preparation for your colonoscopy or flexible sigmoidoscopy.

You will have also received instructions about your bowel preparation. Please read both leaflets carefully – they will provide all relevant information.

You should have received an **AFTERNOON** appointment between 1-2pm. Please contact the Endoscopy Centre if you have not.

- Consider avoiding driving to or from the hospital due to the possibility of low blood glucose.
- Check your blood glucose reading before leaving home if possible.
- Bring your diabetes medicines with you.
- Bring your blood glucose monitor with you (if you have one).

THE DAY BEFORE YOUR PROCEDURE

- **Breakfast (as usual)**

- **TAKE** your usual dose of diabetes tablets (if applicable)
- **TAKE** your usual dose(s) of insulin (if applicable)
- **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable)

- **Lunch**

- **TAKE** your usual dose of diabetes tablets (if applicable)
- **TAKE** your usual dose(s) of insulin (if applicable)
- **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable)

- **Evening**

- **DO NOT** take your usual evening dose (s) of diabetes tablets

- **If you take twice or three times per day insulin**

- **TAKE HALF** (½) your usual evening dose (if applicable).

- **If you take 4 times per day insulin (basal-bolus regimen)**

- **DO NOT** take meal time short- acting insulin (if applicable)
- **DO TAKE** in the evening or bedtime the usual dose of long- acting insulin i.e. Levemir® (Determir) or Lantus® (Glargine) or Tresiba® (Degludec) (if applicable)

- **If you take any other injection**

- **TAKE** your usual injection of Exenatide (Byetta®) or Liraglutide (Victoza®) or Lixisenatide (Lyxumia®) or Semaglutide (Ozempic®) Dulaglutide (Trulicity), please continue as usual (if applicable).

THE DAY OF YOUR PROCEDURE

- **DO NOT** take your usual morning diabetes tablets or insulin or other diabetes injection treatment.
- **DO NOT** take any food on the morning of your procedure.
- **You may take clear fluids up to 2 hours before the time of your procedure.**

ON ARRIVAL AT THE ENDOSCOPY UNIT

When you arrive at the Endoscopy unit your blood glucose will be checked and monitored by a nurse. If your blood glucose is not in the safe range, your procedure will not be undertaken until after it is stabilised or it may be postponed.

AFTER YOUR PROCEDURE

- Your blood glucose will be checked before going home from the Endoscopy Centre.
- **Resume with your usual evening dose of diabetes tablets/ Insulin or any other injection treatment as usual with your evening meal.**

FOR ALL DIABETIC PATIENTS

If you have any difficulties with the above procedure, or you have any concerns regarding this procedure please ring the Endoscopy Department on **01582 497298** (Monday to Friday) and speak to a member of the nursing staff.

Please contact the Diabetes Centre on **01582 497113** or your community diabetes nurse or practice nurse / GP at your GP surgery for advice if concerned despite above information on weekdays especially if you take Insulin or injection treatment for diabetes.

MANAGEMENT OF HYPOGLYCAEMIA

If any of your blood glucose readings are low (below 4 mmol/l), or you feel 'hypo' at any time:

- Drink 200ml of pure Orange or Apple juice.
- It is advisable to avoid **fizzy** drinks as this can affect your endoscopy.
- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this.

- Re-check your blood glucose after 10 minutes and if your blood glucose remains less than 4 mmol/l then repeat this treatment.
- Once you feel better, you will need a longer acting carbohydrate. Take 2-3 Rich Tea biscuits.
- **If your blood glucose remains low despite this treatment for over 30 minutes, please seek medical advice.**