



Advice for people with diabetes undergoing a colonoscopy and / or gastroscopy

This leaflet explains what adjustments (if any) are needed to your regular medication for people with diabetes having an endoscopic procedure.

If you are having a colonoscopy	If you are having gastroscopy
<p>The day before the procedure:</p> <ul style="list-style-type: none"> • <u>If not on insulin:</u> <ul style="list-style-type: none"> ○ Omit (leave out) all tablets and GLP-1 agonist (<i>Exenatide, Liraglutide, Lixisenatide, Bydureon: dulaglutide</i>) • <u>If on insulin:</u> <ul style="list-style-type: none"> ○ Reduce the dose of long / intermediate acting insulin by 20% (<i>Lantus, Levemir, Degludec, Humulin I, Insulatard</i>) ○ Reduce the dose of rapid acting insulin by half (<i>Humalog, Novorapid, Apidra, Humulin S, Actrapid</i>) ○ Reduce the dose of mixed insulin by half (<i>Novomix 30, Humalog 25, Hunulin M3</i>) 	<p>The day before the procedure:</p> <ul style="list-style-type: none"> • <u>If not on insulin:</u> <ul style="list-style-type: none"> ○ Take your medications as normal • <u>If on insulin:</u> <ul style="list-style-type: none"> ○ Reduce the dose of long / intermediate acting insulin by 20% (<i>Lantus, Levemir, Degludec, Humulin I, Insulatard</i>) ○ No change to Rapid acting (<i>Humalog, Novorapid, Apidra, Humulin S, Actrapid</i>) ○ No change to pre-mixed insulin (<i>Novomix 30, Humalog 25, Hunulin M3</i>)
<p>On the day of the procedure:</p> <ul style="list-style-type: none"> • <u>If not on insulin:</u> <ul style="list-style-type: none"> ○ Omit (leave out) morning dose of all tablets • <u>If on insulin:</u> <ul style="list-style-type: none"> ○ Reduce dose of morning long acting/ intermediate dose by 20% (<i>Lantus, Levemir, Degludec, Humulin I, Insulatard</i>) ○ Reduce the dose of your morning pre-mixed dose by half (<i>Novomix 30, Humalog 25, Hunulin M3</i>) ○ Omit (leave out) your rapid acting insulin until you're able to eat. (<i>Humalog, Novorapid, Apidra, Humulin S, Actrapid</i>) 	<p>On the day of the procedure:</p> <ul style="list-style-type: none"> • <u>If not on insulin:</u> <ul style="list-style-type: none"> ○ Omit (leave out) morning dose of all tablets • <u>If on insulin:</u> <ul style="list-style-type: none"> ○ Reduce dose of morning long acting/ intermediate dose by 20% (<i>Lantus, Levemir, Degludec, Humulin I, Insulatard</i>) ○ Reduce the dose of your morning pre-mixed dose by half (<i>Novomix 30, Humalog 25, Hunulin M3</i>) ○ Omit (leave out) your rapid acting insulin until you're able to eat. (<i>Humalog, Novorapid, Apidra, Humulin S, Actrapid</i>)

Remember, you are allowed clear sugary drinks if your blood glucose levels are low i.e. below 5 mmol/L.

For people with Type 1 diabetes on Insulin Pump therapy (Continuous Subcutaneous Insulin):

Please discuss what to do before your procedure with a member of the Diabetes Specialist Team. As a general rule use a temporary basal rate reduction of 10% (divide by 10) from 6.00am on the morning of the test.

Remember to monitor your blood glucose levels every four hours if you are on insulin. If your blood glucose level falls below 4mmol/L, take 4-5 glucose tablets or 150mls of a glucose drink. Remember to inform a member of staff in the Endoscopy Unit if your blood glucose level is low.

If you need to contact us

Diabetes, Endocrine and Metabolism Department
Melrose House, Royal Berkshire NHS Foundation Trust, Reading RG1 5BS
Telephone 0118 322 7969

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Centre for Diabetes and Endocrinology, June 2024
Next review due: June 2026