Upper GI endoscopy procedures: advice for patients with diabetes

(OGD, ERCP)

**General advice**

When you undergo a procedure, you may need to adjust your diet and also your diabetes medications. This could upset your blood glucose levels as a result. The levels should return to normal within 24-48 hours after the procedure, so don’t worry about the temporary changes.

If you normally check your blood glucose levels, please continue to do so. You may need to check more often, especially if you have any symptoms of hypoglycaemia.

If you use Freestyle Libre for monitoring, you can continue to do so. When you attend the endoscopy unit, staff will use a blood glucose finger prick test to monitor you.

If you experience hypoglycaemia, take 3-5 glucose tablets or 220ml Lucozade and recheck your glucose level 10 minutes later. Tell the endoscopy staff if you have any symptoms of hypoglycaemia whilst you are waiting in the unit.

On the day of your appointment, bring your glucose meter and any diabetes tablets or insulin you use so you can continue with it as soon as possible after the procedure.

**Before an endoscopy**

If your diabetes is managed by diet alone

No changes are required

If you use tablets and/or non-insulin injectable medications (e.g. Ozempic (Semaglutide), Victoza (liraglutide), Byetta/Bydureon (exenatide), Trulicity (dulaglutide))

The day of the procedure

* Omit all morning oral and non-insulin injectables
* Restart usual medication doses at normal times when eating and drinking again

If you use insulin for diabetes

|  |  |  |
| --- | --- | --- |
| Insulin & Frequency | Day before procedure | Day of procedure |
| **Basal insulin – once daily evening**(e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | Take 80% of usual insulin dose at usual time | Take 80% of your normal dose in the evening after the procedure |
| **Basal insulin – once daily morning**(e.g. Semglee, Lantus, Levemir, Tresiba, Toujeo, Abasglar, Insulatard, Humulin I) | No changes required | Take 80% of your normal dose on the morning of your procedure |
| **Twice daily basal insulin**(e.g. levemir, Humulin I) | Morning dose = no changes requiredEvening dose = take 80% of normal dose | Take 80% of normal doses |
| **Twice daily mix insulin**(e.g. Novomix 30, Humulin M3, Humalog mix 25 or 50)\*note - if Type 1 DM and taking a mix insulin, contact diabetes team for advice\* | No changes required | Morning procedureOmit morning dose. Take half usual dose with lunch after the procedureAfternoon procedureTake half usual dose with light breakfastTake normal dose with evening meal |
| **Bolus insulin with meals**(e.g. NovoRapid, Lispro, Humalog, Admelog, Apidra, TruRapi, Fiasp, Lyumjev) | No changes required | OMIT all rapid bolus insulin until eating again then resume normal doses |

Restart all usual insulin doses at usual times when eating and drinking

**If you use an insulin pump**

Please contact your diabetes team for specific advice

**If your diabetes medication is not listed here**

Please contact your diabetes team for specific advice