



Guidelines for Diabetic patients before endoscopy

It is unusual for diabetic patients to require admission to hospital before endoscopy.

Diabetes + Gastroscopy:

Patients on insulin: Upper GI endoscopy (OGD)

- Take normal insulin on day before the endoscopy
- Morning of OGD check blood glucose regularly
- Delay morning insulin injection until after OGD if OGD in morning
- After OGD check blood glucose and administer insulin 20 minutes before food as normal
- Insulin dose may need to be reduced if blood glucose is low or meal has been missed
- If OGD in afternoon / evening check with diabetes nurse or diabetes specialist as advice will depend on type of insulin treatment

Patients on hypoglycaemic tablets: upper GI endoscopy (OGD)

- If on gliclazide/metformin/glitazones/gliptins: omit tablet on morning of OGD
- If on glibenclamide: stop tablets 24hours before OGD
- Restart tablets once eating and drinking normally.

Diabetes + Lower GI endoscopy (colonoscopy)

Patients on insulin: colonoscopy

- Continue insulin as normal during period of bowel preparation
- Supplement sugar level with Lucozade if blood sugar (BS) level drops (see below)
- More regular monitoring of BS is necessary
- Small reduction in insulin dose may be needed.

Patients on hypoglycaemic tablets

- Continue tablets as normal
- Supplement with Lucozade if blood sugar (BS) drops (for details see below)
- More regular monitoring of BS if necessary.

NOTE:

100ml Lucozade contains 19g carbohydrate (CHO)

100ml (non diet) fizzy lemonade or Coke contains 10g carbohydrate (CHO)

100ml Lucozade Sport contains 7g carbohydrate (CHO)

So one glass (180ml-200ml) of Lucozade or two glasses of lemonade/Coke can be sipped slowly at meal times to replace usual dietary carbohydrate (CHO)

The equivalent for Lucozade Sport is three glasses

Patients should also take plenty of other clear fluids including salty drinks/clear soup to replace salt and water lost through the bowel because of Picolax preparation.

If you need further advice please contact the London Gastroenterology Partnership on 020 8337 9609.