Guidelines for the Preparation of Diabetic Patients who are to Undergo Upper GI Endoscopy (Gastroscopy, ERCP, EUS) for MORNING Appointment:
Patients on Oral Diabetes Medications

Diabetic patients are at an increased risk of suffering from hypoglycaemia (low blood sugar - symptoms include sweating, shakiness, blurred vision, light headedness, drowsy, loss of consciousness) when not eating for any length of time. To avoid this, we recommend the following instructions as below

Patients on oral diabetes medications
If on Metformin, Glucophage SR, Competact(Pioglitazone and Metformin), Eucreas (Vildagliptin and Metformin), Janumet (Sitagliptin and Metformin), Pioglitazone, Chlorpropamide, Glipizide, Gliclazide MR, Glimepiride, Glibenclamide, Tolbutamide, Nateglinide, Repaglinide, Sitagliptin, Vildagliptin, Saxagliptin, Linagliptin, Alogliptin, and SGLT2 inhibitors like Dapagliflozin, Canagliflozin, Empagliflozin.

Day before the procedure

- Evening before - Continue taking diabetes medication as normal
- Have nothing to eat from midnight. **Sips of clear fluids until TWO HOURS** before your appointment time. (e.g. black tea, coffee, clear fruit juice)
- Test Blood glucose (finger prick blood sugar) regularly as advised by GP.

Morning of the procedure

- Omit diabetes medication and monitor blood glucose 2 hourly if on **Chlorpropamide, Glipizide, Gliclazide MR, Glimepiride, Glibenclamide, Tolbutamide, Nateglinide, Repaglinide** until eating and drinking well after the procedure.
- **Please bring your diabetes medication including insulin**, dextrose tablets (if available) and snack when you come to the hospital. The Endoscopy Department can only provide tea, coffee and assorted biscuits for you after the procedure. If you do not think this is sufficient, you may want to bring your preferred refreshment.

Discharge Advice

- Maintain good hydration.
- Restart Diabetes medication once eating and drinking normally.

* Reference: Nil by Mouth Protocol written by the Diabetic Specialist Team in St Peters Hospital

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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