



Diabetes Management Pre-Procedure GASTROSCOPY

Please read the following instructions carefully.

Diabetes controlled with tablets or non-insulin injections

- Are you on a GLP-1 agonist (Ozempic, Wegovy, Mounjaro, Victoza, Saxenda, Trulicity):
 - See appropriate instruction sheet – please ask our staff
- Do not take any of your diabetes tablets on the morning of the procedure
- Do not take your non-insulin injection (Byetta, Bydureon, Victoza), if applicable, on the morning of the procedure
- Once you can eat and drink, restart your medication when the next dose is due.

Diabetes controlled with insulin

The following information is to help guide you.

- **Intermediate and Long-acting Insulin (Lantus, Levemir, Protaphane, Humulin NPH)**
 - Lantus and Levemir:
 - Give 80% of your normal morning dose (dose of _____ units)
 - Protaphane/ Humulin NPH:
 - Type 1 Diabetes: give 80% of your normal morning dose (dose of _____ units)
 - Type 2 Diabetes: do not give your morning dose.
 - Pre-mixed Insulin (Mixtard, Novomix, Humulin 30/70, Humalog Mix25)
 - Type 2 Diabetes: do not give your morning dose.
- **Short-Acting Insulin (Novorapid, Actrapid, Humolog, Apidra, Humulin R)**
 - Do not give your morning dose
- **Insulin Pump**
 - Continue at your usual basal rate once you are fasting and discuss the procedure with your diabetes educator or endocrinologist
 - Ensure that procedure staff, including anaesthetists are aware of your insulin pump when you are admitted on the day of your procedure, as they must be able to turn the pump off during the procedure in an emergency.

Low blood sugars (hypoglycaemia/ hypo)

If you have symptoms of low blood sugar, please check your blood sugar. If it is less than 4mmol/L, take something sugary, for example 4 glucose tablets or 150ml of a sugary drink (apple juice, Gatorade-type drink).

Please bring your medication with you to your procedure

You will be able to take your usual diabetes medication following the procedure when you resume a normal diet.

If you are unclear with these instructions, please contact our office on 55 746 133 or
discuss with your GP or Diabetes Specialist