

Diabetes Medication Guidelines for adults having a procedure that requires a short fasting period (less than 12 hours)



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Afternoon Procedure

This guideline is recommended for those people who can eat a light breakfast on the morning of the procedure.

Insulin recommendations

Day before Procedure

You should be able to take all your diabetes medication and insulin the day before your procedure, however If you take insulin and you are concerned that your glucose levels may drop due to fasting then consider reducing your insulin by 20% the evening / night before the test.

Day of Procedure

Type of Insulin	What to do
Once daily (long acting insulin) Morning injection e.g. Lantus Levemir Humulin I Insulatard Abasaglar Toujeo Tresiba 100 Tresiba 200	Reduce morning dose by 20% Your glucose level should be checked before your procedure. Remember to take your glucose monitoring equipment with you.

Type of Insulin	What to do
<p>Once daily (long acting insulin) Evening injection</p> <p>e.g. Lantus Levemir Humulin I Insulatard Abasaglar Toujeo Tresiba 100 Tresiba 200</p>	<p>No dose adjustment necessary.</p> <p>You will be able to have usual evening insulin after the procedure.</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you.</p>
<p>Twice daily insulin</p> <p>e.g. Humulin M3 Novomix 30 Humalog Mix 25 Humalog Mix 50 Levemir or Lantus given twice a day</p>	<p>Halve your usual morning dose.</p> <p>You can take usual evening dose after the procedure as normal.</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you.</p>
<p>Short / Rapid acting insulin – usually given before meals</p> <p>e.g. Novorapid Humalog Apidra Fiasp Lyumjev</p>	<p>Take usual morning dose of short acting insulin if eating breakfast. If only having a light breakfast – consider reducing your insulin by half.</p> <p>Omit lunchtime dose / evening dose if fasting.</p> <p>Reduce morning long acting insulin dose if taken in morning by 20%.</p> <p>Your glucose level should be checked before your procedure.</p> <p>Remember to take your glucose monitoring equipment with you.</p>

Non – insulin medication recommendations

Day before the procedure

Take all medication as normal the day before

Day of the procedure

Medication	What to do
Metformin	Take as normal in morning Omit lunchtime dose if taken Take evening dose as usual if eating and drinking.
Sulfonylureas (e.g. gliclazide, glipizide, glimepiride)	Omit all doses taken on day of procedure.
Meglitinides (e.g. repaglinide or nateglinide)	Give morning dose if eating light breakfast.
Pioglitazone	Take as normal.
DPP4 inhibitors (e.g. sitagliptin, linagliptin, alogliptin, saxagliptin)	Take as normal.
SGLT2 inhibitors (e.g. dapagliflozin, canagliflozin, empagliflozin)	Omit dose.
GLP1 injections (e.g. exenatide, liraglutide, lixisenatide, dulaglutide, semaglutide)	Take as normal.

Remember to test blood glucose more regularly if you usually test, and that your glucose level may be a little erratic for a few days after the procedure.

Keep hypo treatment with you in case of low blood glucose levels (glucose level under 4 mmol/L)

For further advice contact the Diabetes Team:
York (01904) 725789
Scarborough (01723) 342274
yhs-tr.diabetesnursespatienttriage@nhs.net

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Tara Kadis, Diabetes and Endocrine Unit, York Hospital, telephone 01904 725789 or email tara.kadis@nhs.net.

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PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: yhs-tr.facilitiesmanagementhelpdesk@nhs.net

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