

FOI REF: 26/295

27th May 2026

Eastbourne District General Hospital

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Further to your recent request for information made under the Freedom of Information Act (FOIA) 2000, I now set out our answers to your specific questions, and any clarifications sought and provided, as follows:

I am writing to request information regarding your Trust's guidance and practice relating to the management of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) prior to upper gastrointestinal endoscopy (oesophago-gastro-duodenoscopy, OGD).

1) Guidance Availability:

- a) **Does your Trust have any guidance, protocol, or policy relating to the management of GLP-1 receptor agonists prior to OGD?**

East Sussex Healthcare NHS Trust (ESHT) does not currently have a dedicated policy on the management of GLP-1 receptor agonist prior to OGD.

However, GLP-1 medications are included in our Bowel Prep guidance for diabetic patients which is currently being updated.

- b) **If yes, please provide:**

- **A copy of the guidance, or**
- **A link to where it is publicly available.**

Not applicable, although ESHT are currently working on guidance relating to the management of GLP-1 reception agonists prior to OGD.

2) Medication Management:

- a) **What is your Trust's recommendation regarding oral GLP-1 receptor agonists prior to OGD? (e.g. continue, omit morning dose, withhold for a defined period)**

EHST does not currently have recommendations regarding oral GLP-1 receptor agonists prior to OGD. Whilst oral GLP-1 is included in the formulary for East Sussex, it has not been widely used.

- b) **What is your Trust's recommendation regarding injectable GLP-1 receptor agonists prior to OGD?**

Omit for a week prior to OGD.

3) Indication-Specific Guidance:

- a) **Does your Trust differentiate guidance based on indication (e.g. diabetes vs obesity)?**

No.

- b) **If yes, please outline how recommendations differ.**

Not applicable.

4) Fasting Protocol:

- a) **Does your Trust modify fasting instructions for patients taking GLP-1 receptor agonists prior to OGD?**

Yes.

- b) **If yes, please provide details of the modified fasting protocol.**

Clear fluids for 24 hours and no fluid for two hours pre-procedure appointment.

5) Operational Impact:

- a) **Has your Trust identified any impact of GLP-1 receptor agonist use on OGD procedures (e.g. cancellations, retained gastric contents, aspiration risk)?**

Our Endoscopists have reported they were identifying a number of patients with retained gastric contents that were on GLP-1 medication. This resulted in the cancellation of the procedure due to risk of aspiration; we did not identify any patients that had suffered with aspiration.

- b) **If recorded, please provide any available data or summary information.**

Discussed at End User Group Meeting. No data available.

6) Governance:

- a) **Has the management of GLP-1 receptor agonists in endoscopy been discussed, reviewed, or audited within your Trust?**

This has been discussed internally, resulting in the plan to update guidance.

I trust this information is helpful in its detail or explanation however, if you are dissatisfied with the response, then you have the right to request an internal review. If you wish to seek an internal review, please write to the Freedom of Information Team at esh-tr.foi@nhs.net

quoting the above FOI reference number, within 40 working days. Please note the Trust is not obliged to accept a request for an internal review after this time period.

Yours faithfully

Freedom of Information (FOI) Team
East Sussex Healthcare NHS Trust
0300 131 4716
Core Hours of Business: Monday to Friday 9.00am to 4.00pm