

# Guidelines for people with diabetes attending for gastroscopy

## Morning procedure

If you require this leaflet in any other format, ie, large print, please telephone 01935 383077.

## Morning procedure

You must have nothing to eat or drink from midnight.

### If your diabetes is controlled by diet alone:

Follow the usual instructions in the Day Surgery information booklet you will have been given.

### If you take tablets for your diabetes:

- On the evening before the procedure, make sure you have an extra snack before going to bed
- On the morning of your procedure **do not** take any food, drink or tablets for diabetes
- If you monitor your blood glucose, check it before coming into hospital. If it is below 4mmols/litre follow the instructions for hypoglycaemia (see opposite page)
- **Bring all your medication in with you**
- The Day Surgery staff will monitor your blood glucose level
- After the procedure you will be given food and drink. You may take your usual tablets for diabetes then

### If you take insulin for your diabetes:

**Please note: If your insulin is called Lantus (Insulin Glargine) or Levemir (Insulin Detemir) continue to take your normal dose**

- On the evening before the procedure, make sure you have a snack before going to bed. After midnight you may have nothing to eat or drink. In the event of hypoglycaemia (see opposite page)
- On the morning of the procedure, do not take any insulin or diabetes tablets
- Check your blood glucose before coming into hospital and follow hypoglycaemia instructions (see opposite page) if below 4 mmol/litre
- **Bring all your insulin and medication with you**
- The Day Surgery staff will monitor your blood glucose level
- After the procedure, you will be given food and drink. Take your normal morning dose of insulin now and eat normally for the rest of the day

## Treatment for Hypoglycaemia (if blood sugar less than 4 mmol/litre)

- Take 4 glucose tablets
- Repeat blood sugar test after 10 minutes
- If still below 4mmol/litre repeat the above
- Check your blood sugar hourly
- **On arrival at the Day Surgery unit, you must inform the nursing staff of this episode.**