

# Guidelines for people with diabetes attending for gastroscopy

Afternoon procedure

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

## Afternoon procedure

### 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 morning of the procedure
- **do not** take any tablets for diabetes
- Have a light breakfast before 7am (eg. cereal or toast), **do not eat anything after this**
- You may drink clear fluids (no milk) for up to 4 hours before your appointment
- 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 diabetic tablets twice a day, only take the evening dose

### 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**

- Give ½ your usual dose of insulin with your usual breakfast before 7.00am. **Do not eat anything after this**
- You may have clear fluids (no milk) for up to 4 hours before your appointment
- Check your blood glucose 2-hourly before coming into hospital and follow hypoglycaemia instructions if below 4 mmol/litre (see opposite page)
- At 12pm, take glucose to reduce the risk of hypoglycaemia (see opposite page)

- **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 evening dose of insulin prior to your evening meal

### 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**