

Guidelines for people with diabetes attending the Endoscopy Department: Morning Appointment

Endoscopy Department Patient information

Morning Procedure - Nothing to eat from midnight.

If your diabetes is controlled by diet only, please follow usual instructions.

If your diabetes is controlled by TABLETS:

- Do **not** take any food, drink or tablets on the morning of your investigation.
- If blood testing, take a test before leaving home and take glucose/lucozade as per instructions below if blood sugar less than 4mmol/l
- Bring all your medication in with you
- You will be given some food and drink as soon as possible after your procedure. Take your usual tablets for diabetes then

If your diabetes is controlled by INSULIN:

- Do not take any food, drink on the morning of your investigation
- If blood testing, take a test before leaving home and take glucose/lucozade as per instructions if blood sugar less than 4mmol/l
- **PLEASE BRING YOUR INSULIN WITH YOU.**
- **DO NOT TAKE ANY FAST-ACTING INSULIN ON MORNING OF PROCEDURE.** Long acting insulin can be taken at usual dose.
- Your blood sugar level will be measured by nursing staff at the Endoscopy Department
- You will be given some food and drink as soon as possible after your procedure. Take your usual morning insulin then and eat normally for the rest of the day.

Treatment for Hypoglycaemia (sugar less than 4mmol/l)

- Take three glucose tablets or 50ml/2fl oz of lucozade
- Repeat blood sugar reading in 10 minutes and take more glucose as above if blood sugar still less than 4mmol/l
- Repeat blood sugar hourly and treat as above if below 4 mmol/l.
- Inform nursing staff on arrival at the Endoscopy unit

If you have any queries about your diabetes or if you take insulin, please contact:

Royal Bournemouth Hospital Diabetes Nurse Specialist on: 0300 019 4888

Poole Hospital Diabetes Nurse Specialist on: 0300 019 2355

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

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