

# Guidelines for people with diabetes attending the Endoscopy Department: Afternoon Appointment

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## Endoscopy Department Patient information

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### Afternoon Procedure - Nothing to eat from 8am.

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

### If your diabetes is controlled by TABLETS:

- Do **not** take any tablets for diabetes on the morning of your investigation
- You may have your usual breakfast before 8am and do not eat after this
- Do **not** drink any fluid after 8am
- Bring all your medication in with you
- If blood testing, take a test before leaving home and take glucose/lucozade as per instructions if blood sugar less than 4mmol/l
- You will be given some food and drink as soon as possible after your procedure and you may take your tablets for diabetes then. If you take tablets twice a day, take your evening dose only

### If your diabetes is controlled by INSULIN:

On the day of investigation

- If you have a mixed insulin at breakfast time give **HALF** of your usual dose of insulin before your usual breakfast before 8am and do not eat after this
- If you take rapid/short acting insulin at breakfast you can take the normal dose if you eat breakfast before 8 am.
- If you take long-acting basal insulin (Lantus or Levemir) reduce your usual dose by 20%
- Do not drink any fluid after 10am
- Test your blood sugar level every two hours and take glucose/ lucozade as per instructions if less than 4mmol/l
- You can take some glucose or lucozade at 10am to avoid the risk of a 'hypo' if needed, but you must inform the Endoscopy department that you have done so.

- **Please bring your insulin with you**
- Your blood sugar level will be measured by nursing staff at the Endoscopy unit
- You will be given some food and drink as soon as possible after your procedure
- Take your usual dose of evening insulin prior to your evening meal

### **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**

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