



The Dudley Group
NHS Foundation Trust

Management of diabetes in patients undergoing a gastroscopy

Diabetes and Endocrinology
Patient Information Leaflet

Introduction

This leaflet provides advice and instructions for patients with diabetes who are going to have a gastroscopy. You should also be given a leaflet about the gastroscopy procedure.

The day before the gastroscopy

Continue all your usual diabetic medications including those taken at bedtime.

The day of the gastroscopy

When you receive your gastroscopy appointment letter, you will be given a time when you have to fast (stop eating and drinking) as you are not supposed to have any food or drink for six hours before your appointment time.

From the time you are asked to fast:

- Stop taking all diabetes tablets.
- If you are on GLP-1 based injections (e.g. Byetta, Victoza, Lyxumia) you should stop taking these for the whole day.

For patients taking insulin, from the time you are asked to fast:

- If you are taking short-acting insulin (e.g. Novorapid, Humalog, Apidra) stop taking it.
- If you are taking background insulin (e.g. Lantus, Levemir, Insulatard, Degludec) you should continue taking your usual dose.
- If you are on mixed insulins (e.g. Novomix 30, Humalog mix25, Humalog mix50, Humulin M3) you should reduce the morning dose by half and stop any lunchtime dose.

For patients who have a blood glucose meter:

Check your blood glucose level every four hours.

If you start to feel unwell, check your blood glucose straight away.

When you check your blood glucose level, please follow these instructions:

If it is less than 4 mmol:

- Treat the hypoglycaemia (low blood sugar) with four dextrose tablets or 100 millilitres (ml) of a sugary drink.
- Let staff who are doing your gastroscopy know you have treated an episode of hypoglycaemia and tell them what you have taken.

If it is greater than 15 mmol:

- It may not be safe to continue fasting and not to be taking diabetic medications.
- You should immediately **ring the GI unit on 01384 244113** as your gastroscopy appointment may need to be postponed.
- Please also contact your diabetes specialist nurse for advice.

For any other blood glucose level, continue to check your blood glucose levels every four hours.

When you come to the hospital for your gastroscopy, please bring all your diabetic medication and glucose testing equipment to hospital.

After your gastroscopy

When you begin eating and drinking again, start taking all your diabetic medications at the usual time.

You will be able to go home once you are eating and drinking and your blood glucose is at a safe level.

When you get home

You should seek medical help:

- If you become unwell with:
 - **Continuous** vomiting and/or diarrhoea.
 - High fever.
- If you cannot keep food down for more than four hours.
- If you have high blood glucose levels of more than 15 mmol by finger prick testing.
- For patients who have a ketone meter: if you have high ketones of more than 0.6 mmol.

During office hours (Monday to Friday, 9am to 5pm) contact your usual diabetes specialist nurse or doctor. Out of office hours, contact NHS 111 or your local out-of-hours GP service.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Diabetes and Endocrine Centre: 01384 244399

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔