

Patient Information

## Endoscopy Unit

# Guidance for Patients with diabetes undergoing Gastroscopy, Bronchoscopy, ERCP, EUS or Enteroscopy

As a patient with diabetes the best time for your appointment should be first thing in the morning, if you have a later appointment please contact the Endoscopy Unit to get it changed.

As a diabetic patient you are at an increased risk of having a 'hypo' (low blood sugar- when not eating for any length of time. Symptoms include sweating, shakiness, blurred vision or feeling light headed). To avoid this we recommend you follow the instructions below and regularly check your blood sugar. Please make sure you have additional glucose drinks/glucose tablets at home.

Examples of suitable glucose drinks include; Lucozade, fizzy drinks and fruit juices.

## Patients on insulin

### Morning Appointments:

- On the day before your examination take your insulin as normal.
- **On the day of the test do not have breakfast or take your insulin but bring it with you to your appointment.**
- Test your blood glucose levels every two hours.
- On completion of the test give yourself half of your morning dose of insulin and the nursing staff will make you some tea and toast.
- Continue with your usual insulin regime with your next meal.



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### **Afternoon Appointments:**

- You may have an early light breakfast at **7.00am** then nothing to eat until after the procedure. You may drink small amounts of water until two hours before the procedure and then nothing to eat or drink until after the test.
- Take your insulin with your breakfast as normal. You must wait until after the procedure before taking your next dose.
- Check your blood sugar if possible before coming to the hospital.
- Bring your insulin with you and the nursing staff will make you tea and toast following your test.

## **Patients taking diabetic tablets**

### **Morning Appointments:**

- Take your medication as normal until the day of the test.
- On the day of the test do not take your morning dose of medication.
- You should restart your tablets with your first meal.

### **Afternoon Appointments:**

- You may have an early light breakfast at **7.00am** then nothing to eat until after the procedure. You may drink small amounts of water until two hours before the procedure and then nothing to eat or drink until after the test.
- Take your diabetic tablets with your breakfast as normal but do not take again until after the procedure and you are eating normally.
- Check your blood sugar if possible before coming to the hospital.

## **Further Information**

If you need more advice contact the Diabetes nursing team or your GP.

If you need more information about your Endoscopy procedure please contact the Endoscopy Unit on Telephone 024 7696 6755.

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This booklet is based on information produced by the British Society of Gastroenterologists and has been adapted for UHCW NHS Trust by Sakina Lyall, Endoscopy Nurse and Joe Colby Lead Nurse for Gastroenterology.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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