

Endoscopy Department

Guidance for people with diabetes undergoing a small bowel capsule endoscopy

Adjusting therapy

As a patient with diabetes, you will need to adjust your diabetes treatment according to the timing of the appointment. You will be fasting for a period of time and your blood glucose levels may be lower than usual.

There may be a risk of your blood glucose going below 4.0mmol/L, which is known as hypoglycaemia or a “hypo”. If you take medication which can cause hypoglycaemia you will have been given information by your GP / nurse on how to test for and treat this.

If you have any concerns about hypoglycaemia please speak with your usual doctor or practice nurse. You can also find information on the Diabetes UK website (www.diabetes.org.uk).

Blood glucose monitoring

If you usually test your blood glucose levels, please check them as usual. If you do not usually test your blood glucose levels, do not worry, as they will be monitored when you arrive for the procedure.

Dose adjustment advice

If you have concerns about adjusting your dosage, please contact your GP or Diabetes Nursing Team in advance of the appointment to discuss



Patient Information

appropriate measures.

Patients on insulin

One day before the test:

- You can eat a normal lunch, and then can only drink fluids after lunch. You should have nothing to eat or drink after 10pm. If you feel hypoglycaemic, take glucose tablets/ sugary drinks.
- Make sure that you have planned changes to your insulin dose; once you commence fluids only, if you are taking short-acting insulin (**Novorapid / Humalog / Apidra / Humulin S**), take half of your usual dose.
- If you are taking long-lasting insulin (**Lantus / Levemir / Toujeo / Tresiba**), you can take the usual dose.

Check your blood glucose level if you are able to. If you have any symptoms of a low sugar level and your blood sugar level is less than 4 mmol/L, take 4 glucose tablets or 150mls of sugary drink.

On the day of the test:

- If you have **Type 1 Diabetes**, take half your normal morning insulin dose.
- If you have **Type 2 Diabetes**, skip your morning insulin dose.

After the procedure

- Your blood glucose level will be checked again prior to discharge.
- You will be able to drink clear fluids **2 hours** after swallowing the capsule
- You will be able to eat a light meal **4 hours** after swallowing the capsule.
- If you have **Type 1 Diabetes**, you can recommence your normal insulin dose with your evening meal.
- If you have **Type 2 Diabetes**, please take half your morning insulin dose with the light meal and take your normal insulin dose with your evening meal.

Patient Information

Patients on tablets for Diabetes

One day before the test:

- You can eat lunch, and then **only drink fluids** after lunch. You should have nothing to eat or drink after 10pm. If you feel hypoglycaemic, take glucose tablets/ sugary drinks.
- Do not take any diabetic tablets.

On the day of your test:

- **Do not** take your morning tablets for diabetes.
- You will be able to eat a light meal **four** hours after swallowing the capsule and can take your tablets with the light meal.

Patient controlled by diet only

You only need to follow the dietary instructions and bowel preparation for your test.

If you need further information about the Capsule Endoscopy procedure, please contact Beibei Liu (Clinical Nurse Specialist Capsule Endoscopy Service) on 024 7696 7361 or 024 7696 6755.

The Trust has access to interpreting and translation service. 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

Document History

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