

## Gastroscopy Instructions for Patients with Diabetes (Type 1 or Type 2)

### General instructions

See your General Practitioner at least 2 weeks before your gastroscopy to get instructions on how to access and use a blood glucose testing kit, testing strips and lancets unless you are already testing and have unexpired blood glucose test strips available.

- If you are on the [morning list](#), fast from midnight.
- If you are on the [afternoon list](#), have an early light breakfast and fast from 6AM.

When you are fasting (having nothing to eat or drink) check your blood glucose every 2 hours.

If you feel shaky, faint, hot, or sweaty you should also check your blood glucose. These feelings can be a sign of low blood glucose

***If your blood glucose level is 4.0 mmol/L or less: drink a glass of non-diet (ordinary) lemonade, apple juice, or a tube of glucose gel.***

Re-check your blood glucose level 15 minutes later and if it is still less than 4.0 mmol/L: drink a further glass of non-diet (ordinary) lemonade, apple juice, or a tube of glucose gel. This can be repeated every 15 minutes if the blood glucose remains less than 4.0 mmol/L.

Continue to check your blood glucose every 15 minutes, until it has been above 4.0 mmol/L for 45 minutes. Then resume checking every 2 hours.

**Tell the nursing staff when you arrive that your blood glucose has been low.**

### Diabetes medication instructions

Take all diabetes medications as usual on the day before the gastroscopy. **Check whether you are having the gastroscopy in the morning or the afternoon, and then follow the instructions in the correct table**

## If you are having your gastroscopy in the **MORNING**

MEDICATION	INSTRUCTIONS FOR MORNING OF GASTROSCOPY
Any diabetes tablets	Do not take diabetes tablets
Long acting INSULIN (Lantus, Levemir, Protaphane, Toujeo)	Take HALF usual morning dose
Mixed INSULIN (e.g. Novomix 30 , Mixtard 30/70, Humalog Mix25, Humalog Mix50)	Do not take any
Short acting INSULIN (eg Novorapid, Humalog, Apidra, Actrapid)	Do not take any
BYETTA or VICTOZA	Do not take medication
BYDUREON	If due on the day of gastroscopy, take in the evening
Insulin pump	Set a temporary basal of 70% when fasting

## If you are having your gastroscopy in the **AFTERNOON**

MEDICATION	INSTRUCTIONS FOR MORNING OF GASTROSCOPY
Any diabetes tablets	Do not take diabetes tablets
Long acting INSULIN (e.g. Lantus, Levemir, Protaphane, Toujeo)	Take HALF usual morning dose
Mixed INSULIN (e.g. Novomix 30 , Mixtard 30/70, Humalog Mix25, Humalog Mix50)	Take HALF usual morning dose with a light breakfast by 6am
Short acting INSULIN (eg Novorapid, Humalog, Apidra, Actrapid)	Take HALF usual morning dose with a light breakfast by 6am
BYETTA or VICTOZA	Do not take medication
BYDUREON	If due on the day of gastroscopy, take in the evening
Insulin pump	Set a temporary basal of 70% when fasting

## After your Gastroscopy

Start taking all your diabetes medications in the usual doses at your next full meal at the times you usually take them.

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