

Management of diabetes in patients undergoing a gastroscopy

Department of Diabetes
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 straightaway.

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 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.

Under review

If you have any questions or if there is anything you do not contact:

Diabetes and Endocrine Centre

Tel: 01384 244399

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية), فرجاء اتصل بمنسق المعلومات للمريض **0800 0730510** على التلّون Information Co-ordinator

حسب ضرورت اسلایڈز کو اپنی زبان (اردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پر پوچھنا۔ اور ریویو (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں اس سروس کے ساتھ رابطہ قائم کریں۔

Originator
Date originated
Date for review
Version
DGH ref:

Terence Pang
June 2014
June 2017
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DGH/PIL/00969