

## Gastroscopy: Type 1 & 2 diabetes insulin treated/insulin and tablet treated

Your doctor has recommended that you have a gastroscopy to investigate your medical condition. In order for the procedure to be carried out, please follow the instructions below concerning your diabetic medication. These instructions take into account the fasting periods required for the gastroscopy and should be read alongside the booklet *Having a gastroscopy*.

### Morning gastroscopy appointment:

1. If you take long acting insulin (Glargine [Lantus]/Detemir [Levemir]/insulatard or Humulin I) in the morning then take as normal. **Do not** take any other insulin.
2. Stop eating **at least six hours** before your gastroscopy. NB. If your blood glucose drops below 4 mmol/l, treat with a sugary drink such as lucozade or apple juice until your blood glucose returns to above 5 mmol/l.
3. Stop drinking clear fluids **three hours** before your gastroscopy.
4. Bring your insulin to the hospital.
5. Following your gastroscopy, **do not** eat or drink anything until advised.
6. With lunch:

Twice daily insulin – take **half** your usual dose of insulin with lunch, then continue with usual routine

Four times daily insulin – take your **usual** dose of insulin with lunch.

7. Resume your usual diet and fluids.

### Afternoon gastroscopy appointment:

1. With light breakfast:

Once daily insulin - take as normal

Twice daily insulin – take **half** your usual dose of insulin before breakfast

Four times daily insulin - take your **usual** dose of insulin before breakfast. **Do not** take your lunch time dose.



2. Stop eating **at least six hours** before your gastroscopy. If your blood glucose drops below 4 mmol/l, treat with a sugary drink such as lucozade or apple juice until your blood glucose returns to above 5 mmol/l.
3. Stop drinking clear fluids **three hours** before your gastroscopy.
4. Bring your insulin to the hospital.
5. Following your gastroscopy, **do not** eat or drink anything until advised.
6. Take your usual dose of insulin with your evening meal.
7. Resume usual diet and fluids.

### Contact details

If you are unclear about any of the instructions, please contact the Endoscopy Suite.

Tel: 0207 811 8327 / 8328

