

Gastroscopy instructions: Type 2 diabetes - tablets

Your doctor has recommended that you have a gastroscopy to investigate your medical condition. In order for the procedure to be carried out, the instructions below concerning your diabetic medication should be followed. 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. **Do not** take any diabetes tablets
2. Stop eating **at least 6 hours** before your gastroscopy. If you feel unwell, test your blood glucose (if possible) and treat with a sugary drink such as Lucozade or apple juice if less than 4 mmol/l.
3. Stop drinking clear fluids **3 hours before** your gastroscopy
4. Bring your diabetes tablets to the hospital
5. Following the gastroscopy, **do not** eat or drink anything until advised
6. Take your usual diabetes tablets with lunch
7. Resume your usual diet and fluids.

Afternoon gastroscopy appointment:

1. Take your usual morning diabetes tablets with a light breakfast. Stop eating **at least 6 hours** before your gastroscopy. If you feel unwell, test your blood glucose (if possible) and treat with a sugary drink such as Lucozade or apple juice. **If taking Gliclazide, Glimepiride, Glibenclamide or Glipizide, then take half your usual dose in the morning.**
2. Stop drinking clear fluids **3 hours** before your gastroscopy
3. **Do not** take any lunch time diabetes tablets
4. Bring your diabetes tablets to the hospital
5. Following the gastroscopy, **do not** eat or drink anything until advised
6. When advised, take your usual diabetes tablets with a light meal
7. Resume your usual diet and fluids.

Contact details

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

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