

# Preparing for a gastroscopy when you have diabetes

Information and advice for patients

## *Endoscopy*

As preparation for your gastroscopy you should not eat or drink for 6 hours before the test. Because of this, there is an increased risk that your blood sugar level could become too low (this is hypoglycaemia or a 'hypo'). The enclosed leaflet gives you more detailed information about hypoglycaemia.

You may also have higher blood sugar levels than normal for a couple of days around the time of the test, but they should return to normal after that.

### **What are the symptoms of hypoglycaemia?**

The symptoms of hypoglycaemia include:

- Feeling shaky
- Dizziness
- Sweating even when it is not warm
- Hunger
- Weakness
- Fast heart beat or palpitations

### **What should I do if I have the symptoms of hypoglycaemia?**

If you have any of these symptoms, or if you normally test your blood sugar level and it drops below 5mmol/L, you should have some dextrose tablets or drink sugary drinks such as:

- Fizzy drinks (not diet or sugar-free)
- Energy drinks, such as Lucozade
- Smooth orange juice (no bits)
- 4 teaspoons of sugar dissolved in 200ml of water

If you have had to do this within 6 hours before your gastroscopy, please let the nurses know when you arrive at the hospital.

## **How to prepare for your gastroscopy**

### **If you take diabetic tablets**

#### **Morning appointment**

- Do not take your tablets on the morning of your test.
- Do not have anything to eat or drink.
- If you usually check your blood sugar level, check this every 2 hours while you are awake.
- If your blood sugar level is below 5mmol/L or you have any of the symptoms of hypoglycaemia, have a sugary drink as described above.

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### **Afternoon appointment**

- Take your normal morning dose of diabetic tablets with a light breakfast.
- Stop eating and drinking 6 hours before your appointment time.
- Do not take your midday/ lunchtime dose of diabetic tablets.
- If you usually check your blood sugar level, check this every 2 hours while you are awake.
- If your blood sugar level is below 5mmol/L or you have any of the symptoms of hypoglycaemia, have a sugary drink as described earlier.

### **If you take insulin**

#### **Morning appointment**

- On the day of the test take half your usual morning dose of insulin.
- Check your blood sugar level every hour.
- If your blood sugar level is below 5mmol/L or you have any of the symptoms of hypoglycaemia, have a sugary drink as described above.
- Bring your insulin to the hospital with you.

#### **Afternoon appointment**

- Have half your morning dose of insulin with a light breakfast.
- Stop eating and drinking 6 hours before your appointment time.
- Do not take any lunchtime doses of insulin.
- Check your blood sugar level every 2 hours.
- If your blood sugar level is below 5mmol/L or you have any of the symptoms of hypoglycaemia, have a sugary drink as described above.
- Bring your insulin to the hospital with you.

### **After your gastroscopy**

After the test, once you are eating again, you can return to taking your tablets or insulin as normal.

If you normally check your blood sugar level, check it every 2 hours for the first 4 hours after the test, and then every 4 hours for the next 2 days.

If you do not normally have to check your blood sugar level, watch out for the symptoms of a hypo and take sugary drinks as necessary.

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### Contact details

If you have any questions or concerns please contact the diabetes specialist nurses.

**City Hospital:** 0121 507 6007

**Sandwell Hospital:** 0121 507 3063

Monday – Friday, 9am – 5pm

### Further information

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

NHS Diabetes, 'Management of adults with diabetes undergoing surgery and elective procedures: improving standards', April 2011

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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