

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:

- Sweating heavily
- Feeling anxious
- Becoming pale
- Trembling and Shaking
- Tingling of the lips
- Hunger
- 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 one of the below treatments:

- 200ml (small carton) of smooth orange juice
- 5 Glucotabs
- 6 Dextrose tablets
- 5 Jelly babies

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

Preparing for a gastroscopy when you have diabetes

Information and advice for patients

Endoscopy

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.

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

- If you are on once daily insulin take your usual dose.
- If you are on twice daily insulin take half your morning dose and usual evening dose.
- Check your blood sugar every 2 hours. If it is below 5mmol/l or you have any of the symptoms of hypoglycaemia, have a sugary drink as described.
- Bring your insulin to the hospital.

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.

Preparing for a gastroscopy when you have diabetes

Information and advice for patients

Endoscopy

Contact details

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

0121 507 4570

Monday - Friday 8.30am - 4.30pm

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk and follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

Centre for Perioperative Care (2021). Guideline for perioperative care for people with diabetes mellitus undergoing elective and emergency surgery. [Online] Available at: <https://www.cpoc.org.uk/sites/cpoc/files/documents/2021-03/CPOC-Guideline%20for%20Perioperative%20Care%20for%20People%20with%20Diabetes%20Mellitus%20Undergoing%20Elective%20and%20Emergency%20Surgery.pdf> (Accessed 02 February 2023).

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
© Sandwell and West Birmingham Hospitals NHS Trust

ML6998

Issue Date: February 2023
Review Date: February 2026