

**GUIDANCE FOR INSULIN CONTROLLED DIABETIC PATIENTS
HAVING AN ENDOSCOPY**

MORNING APPOINTMENT

The day before your procedure:

- You should take your normal diabetic medication
- Do not eat or drink from the time stated on your endoscopy appointment letter

The day of the procedure:

- Do not take your morning dose of insulin unless you take long acting insulin (Lantus, Levemir or Insulatard) which you should have as normal
- You should check your blood glucose every 2 hours and aim to keep it at 6 mmols/l or above. Should hypoglycaemia occur ('hypo'/ low blood glucose level), you should take 90-125ml of Lucozade in order to correct your blood glucose. Signs and symptoms of hypoglycaemia are listed overleaf. Please inform the nursing staff on arrival if you have needed to take a drink of Lucozade

Whilst you are in hospital having the procedure, your blood glucose will be monitored by the nursing staff. Should your levels drop, the nursing or medical team will take appropriate action to correct this

After the procedure:

- Your blood glucose should be monitored every 2 hours until you have eaten. You should then monitor it as usual on returning home
- You may choose to bring a small snack with you for when you are able to eat and drink after the procedure. Please note there are no refrigeration facilities available for food
- If you normally take insulin twice a day, then you should take half of the usual morning dose with lunch when you are able to eat
- If you normally take insulin 4 times a day, take your usual midday dose with lunch when you are able to eat and continue as prescribed

Should further advice be needed you should contact the department in which the investigation is to take place or your GP / Practice Nurse

HYPOGLYCAEMIA ('hypo'/low blood glucose)

Hypoglycaemia is when your blood glucose falls below 4mmol/l. People feel different things when hypoglycaemia is starting. You may find that some episodes feel different to others

Some common signs and symptoms of hypoglycaemia:

You may feel:

- weak and wobbly
- shaky or trembling on the inside
- cold, clammy and sweaty
- a tingling sensation in or around your mouth
- hungry or have hunger pains
- unable to think properly

You may have:

- a headache
- a fast or pounding heartbeat that you can feel or hear
- blurred vision

Signs other people may notice when you are hypoglycaemic:

- sudden paleness
- 'glassy' or staring eyes
- slurring your words
- behaving strangely
- being unusually aggressive or tearful
- not being able to concentrate normally