

What to do if you have a hypo the day before the procedure up to 9.00 pm.

You **must** treat the hypo as soon as possible. If you do not there is a risk you may become unconscious.

Take

- 50 mls Lucozade (half a small glass) or
- 200 mls lemonade or
- 3 glucose tablets

followed by

- a slice of white toast

You will at this stage still be able to have the procedure.

If you have a hypo after 9.00 pm treat as above but it will be necessary to cancel the procedure and rearrange it for another time.

When the hypo has resolved you must phone the department as soon as possible (0161 291 4954 during office hours). Inform the staff you have had a hypo and needed to treat it.

If you need further advice please ring the Diabetes Centre on 0161 945 8203

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Information for patients with
Type 2 diabetes
undergoing **gastroscopy and
bowel preparation for colonoscopy**

MORNING LIST



If you have Type 1 diabetes it is essential that you contact your local diabetes specialist team for individual advice.

Ideally patients with diabetes should be first on the morning list for their procedure. You will have been given an information sheet, which advises you what foods and drinks you can have while preparing for this procedure.

As a result of changes to your usual eating patterns your blood sugar readings may be more erratic. The Diabetes Team advises you to check your blood sugar levels at least four times per day

- on the day before the procedure,
- on the day of the procedure,
- on the day after the procedure.

Before the procedure you are advised to adjust your diabetes medication, as indicated in the instructions below. This is to reduce the risk of having hypoglycaemia (a 'hypo'). A hypo is a low blood sugar reading of less than 4.0 mmol/l.

Day before the procedure

Throughout the day drink at least one glass of water each hour.

8.00 am – Take Picolax Breakfast

1-2 boiled eggs, one medium slice of white bread with scraping of margarine, no jam or marmalade.

Breakfast diabetes medication	
Diabetes tablets and Exenatide	Take as normal
Insulin	Take half your normal dose

12.00 -1.30 pm - Lunch

Steamed, poached or grilled chicken or fish with small portion boiled potato or white bread, clear jelly for dessert

Lunch time diabetes medication	
Diabetes tablets	Do not take
Insulin	Take half your normal dose

No solid food to be taken after lunch

Do not drink any tea or coffee after mid afternoon.

4.00 pm – Take Picolax

Tea time diabetes medication	
Diabetes tablets and Exenatide	Do not take
Insulin	Do not take (but if on Glargine or Detemir at this time of day take half your normal dose)

7.00 -9.00 pm - Supper

Clear soup or meat extract drink, clear jelly for dessert

Bed time diabetes medication	
Diabetes tablets	Do not take
Insulin	Take half your normal dose

Do not eat or drink after midnight

Morning of the procedure

Please check your blood sugar levels

Breakfast diabetes medication	
Diabetes tablets and Exenatide	Do not take
Insulin	Do not take

After the procedure, the Endoscopy Unit staff will advise when you can resume your normal diet. Your diabetes medication can be restarted at your normally prescribed times and doses.

Remember: Frequent blood sugar monitoring is important to reduce the risks of a hypo.

If you have any queries about your procedure, please contact the Day Case Unit on **0161 291 4954**