

What to do if you have a hypo on the day of your test.

You **must** treat the hypo as you would do normally. If you do not, there is a risk you may become unconscious.

Take

- 50 mls Lucozade (half a small glass) or
 - 100 mls fruit juice or
 - 3 glucose tablets
- followed by
- a slice of toast or a small sandwich

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.

It will be necessary to cancel the procedure and rearrange it for another time.

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

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Information for patients with Type 2 diabetes undergoing gastroscopy



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 or first on the afternoon list for their procedure. It is necessary not to eat or drink for six hours prior to the procedure.

As a result of the disruption to your 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.

If you are on the morning list

The day before your procedure

Have all your diabetes medications with food as normal

Do not eat or drink after 12 midnight

The day of your procedure

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

You should be able to resume your normal food and diabetes medications from lunch time.

If you cannot eat lunch, **wait** until your next meal to restart your diabetes medications as normal.

If you are on the afternoon list

The day before your procedure

Have all your diabetes medications with food as normal

The day of your procedure

You may eat an early light breakfast of cereal or toast before 8.00 am

You must not eat or drink anything after 8.00 am until after the procedure.

Breakfast diabetes medication	
Diabetes tablets and Exenatide	Do not take
Insulin	Take half your normal dose

Following the procedure continue with your normal diabetes medications with your evening meal.

Lunch time diabetes medication	
Diabetes tablets	Do not take
Insulin	Do not take

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