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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Gastroscopy (page 1 of 2)

Additional information for patients with diabetes

Please read in conjunction with the Gastroscopy patient information sheet.

Diabetes managed with tablets

Please don't take any diabetes tablets on the morning of the procedure. After the procedure, when you start to eat again, restart your diabetes tablets at the normal times.

Diabetes managed with insulin

Once a day insulin only (with or without diabetes tablets as well)

If you take a long acting insulin (Levemir/Lantus/Insulatard/Humulin I) once per day, continue at the usual dose.

If you take tablets as well for your diabetes you should take these as normal the day before the gastroscopy. On the morning of the procedure these should not be taken but restarted once you are eating and drinking again.

Insulin twice per day (Humalog mix 25, Humalog mix 50, Novomix 30, Humulin M3, Insuman Comb 25)

This should be continued at the usual dose the day before your gastroscopy.

If you take tablets as well for your diabetes you should take these as normal the day before the gastroscopy. On the morning of the procedure these should not be taken but restarted once you are eating and drinking again.

If your Gastroscopy is booked for the morning

If you are having the gastroscopy in the morning you will not have anything to eat and drink from the night before.

You should miss out the dose of insulin on the morning of the procedure.

You should take half your morning dose of insulin with your lunch after the procedure.

You should continue your insulin as normal the evening after the procedure.

If your Gastroscopy is booked for the afternoon

You will be allowed to have a light breakfast on the morning of your

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Additional information for patients with diabetes gastroscopy, but then you'll have nothing to eat or drink until after the procedure.

You should take one third of your usual dose of insulin with your breakfast in the morning on the day of the procedure.

After the procedure you should take your usual dose of insulin with your evening meal.

Insulin four times per day (long acting Insulin morning and/ or evening and short acting insulin with meals)

You should continue your long acting insulin (Levemir/Lantus/ Insulatard/ Humulin I) at the usual dose at the same times as normal.

If you take tablets for your diabetes as well you should take these as normal the day before the gastroscopy. On the morning of the procedure these should not be taken but restarted once you are eating and drinking again.

If your Gastroscopy is booked for the morning

If you are having the gastroscopy in the morning you will not have anything to eat and drink from the night before.

You should miss your dose of short acting insulin in the morning when you are nil by mouth.

You should have your usual dose of short acting insulin with your lunch after the procedure.

If your Gastroscopy is booked for the afternoon

You will be allowed to have a light breakfast on the morning of your gastroscopy but then you'll have nothing to eat or drink until after the procedure.

You should take half the usual dose of your short acting insulin with your light breakfast (if you do carbohydrate counting then you can adjust the dose you give according to what you are eating)

You should miss out your dose of short acting insulin with lunch as you will be nil by mouth.

You should take the usual dose of short acting insulin with your evening meal after the procedure.

If you are on an Insulin Pump

Continue on your pump. Stay on your usual background rates of insulin and monitor your blood sugars every 2 hours or so while you are not eating and drinking anything.

Any questions?

If at any time you are not sure what to do then please ask us. You can contact the diabetes nurses for advice on 01722 425176 – please leave a message on the answer machine, stating your name and telephone number and one of the diabetes nurses will call you back.