

Diabetics on Insulin Treatment

Having a Gastroscopy (Morning Appointment)

You will be booked as the first patient on the list if possible

- (1). Nothing to eat or drink from midnight before the procedure
- (2). Miss out your morning dose of insulin
- (3). Monitor your blood glucose levels
- (4).
 - If you are on insulin twice a day, take **HALF OF YOUR USUAL MORNING DOSE** with lunch
 - If you are on insulin four times a day, take your usual dose of insulin with lunch
- (5). After the procedure, return to you usual food and drink

Having a Gastroscopy (Afternoon Appointment)

- (1). Have a light early breakfast before 8.00 am
- (2).
 - If you are on insulin twice a day, take **HALF YOUR USUAL DOSE** with breakfast
 - If you are on insulin four times a day, take your usual dose of insulin with breakfast and miss out you usual lunchtime dose
- (3). Monitor you blood glucose levels
- (4). After the procedure return to your usual food and drink
- (5). Take your usual insulin dose with your evening meal

Any questions? Telephone 01225 824070 Or 01225 824069

Diabetes on Insulin Treatment

Having a Colonoscopy

You will be booked first on the morning list if at all possible

- (1). Light meals only should be taken for the two days before the procedure
- (2). Bowel preparation medicine to be taken at 7.30 am and 14.30 pm the day before the procedure
- (3). Take **HALF YOUR USUAL INSULIN DOSE** the day before the procedure
- (4). After a light low residue breakfast and lunch the day before the procedure, nothing more to eat
- (5). You can drink clear fluids and some of these may need to be sugary to avoid low blood sugar levels
- (6). Miss out your morning dose of insulin on the day of the procedure
- (7). Monitor your blood glucose levels
- (8).
 - If you are on insulin twice a day, take **HALF YOU USUAL MORNING DOSE** at lunchtime and then continue with your normal regime
 - If you are on insulin four times a day, take your usual dose of insulin at lunchtime
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- (9). After the procedure return to your usual food and drink

Any questions? Telephone 01225 824070 Or 01225 824069

Diabetics on Insulin Treatment

Having a Gastroscopy AND Colonoscopy (at the same appointment)

You will be booked first on the morning list if at all possible

- (1). Light meals only should be taken for the two days before the procedure
- (2). Bowel preparation medicine to be taken at 7.30 am and 14.30 pm the day before the procedure
- (3). Take **HALF YOUR USUAL INSULIN DOSE** the day before the procedure
- (4). After a light low residue breakfast and lunch the day before the procedure, nothing more to eat
- (5). You can drink clear fluids and some of these may need to be sugary to avoid low blood sugar levels
- (6). Nothing to eat or drink after midnight
- (7). Measure blood sugar level before leaving home
- (8).
 - If you are on insulin twice a day, take **HALF YOUR USUAL DOSE** on the morning of the procedure at your usual time
 - If you are on insulin four times a day, take your usual morning dose of insulin in at your usual time and miss out your lunchtime dose
- (9). After the procedure return to your usual food and drink
- (10). Take your usual insulin dose with your evening meal

Any questions? Telephone 01225 824070 Or 01225 824069