

Patients with diabetes undergoing an afternoon gastroscopy

This information sheet is to provide advice to patients who have either type 1 or 2 diabetes who are undergoing a gastroscopy in the afternoon.

Day before the test

Once daily insulin	Twice daily insulin	3-5 times daily insulin
If on bedtime insulin reduce dose by a quarter (25%) Take anti-diabetes medications as usual	Take insulin and anti-diabetes medications as usual	Take insulin as usual

Day of the test

- Have a light breakfast.
- Fast from 7:30 am.
- Clear fluids till 9:30 am (e.g. Black tea, coffee, clear fruit juice)
- Check blood glucose (finger prick) every 2 hours

Once daily insulin	Twice daily insulin	3-5 times daily insulin
Omit AM and lunchtime anti-diabetes medications. If on AM insulin reduce dose by half (50%)	Reduce AM dose of insulin by half (50%) and omit AM and lunchtime doses of anti-diabetes medications	Reduce AM dose of fast acting or mixed insulin by half (50%) and omit lunchtime insulin

After the test

Once daily insulin	Twice daily insulin	3-5 times daily insulin
Eat and drink normally. Give next dose of insulin as usual. Take next dose of anti-diabetes medications as usual.	If able to eat before 2.30pm: Give normal lunchtime insulin dose <u>after</u> meal. Take next anti-diabetes medications as usual. If able to eat after 2.30pm: Omit lunchtime dose of anti-diabetes medications. Give usual PM dose of insulin and anti-diabetes medications.	If able to eat before 2.30pm: Give normal lunchtime insulin dose <u>after</u> meal. If able to eat after 2.30pm: Give half dose (50%) of usual lunchtime insulin after meal. Give usual teatime and bedtime insulin doses.