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# ***Undergoing upper GI endoscopy***

***Information for patients with  
diabetes treated by tablets or  
non-insulin injectable medication***

**Aberdeen Royal Infirmary**



## ***General advice***

Please read this leaflet along with the other upper GI endoscopy leaflet you received.

You need to fast (which means have nothing to eat and restrict what you drink) before your endoscopy. To avoid low blood sugar, you will need to adjust your medication according to the time of your appointment. As a result your diabetes control may not be as good as it is normally. However, this is only temporary and will be back to your usual within 24 to 48 hours.

If you don't have a blood glucose monitor, don't worry.

If you have symptoms of hypo (sweaty, shaky, heart racing), treat yourself as discussed on page 4 of this leaflet.

We will try and arrange for you to have a morning appointment where possible. If this isn't possible, your appointment will be early in the afternoon. Please remind the nursing staff that you have diabetes when you arrive.

If you have any questions about your appointment, please contact the number on your appointment letter.

**If you need advice about your diabetes medications, please contact your Diabetes Specialist Nurse at least two weeks before your appointment.**

**Morning appointment  
for people on tablets or  
non-insulin injectable medication for diabetes**

You should have nothing to eat after midnight but you may have small amounts to drink up to 6am.

**If you are on sulfonylureas such as gliclazide (Diamicron®), glipizide (Glibenese®), glimepride (Amaryl®).**

Day before the test: if you take a dose at teatime, then take **half** your dose in the evening before the test. If you are on a small dose (for example glipizide 2.5mg, gliclazide 40mg or glimepride 1mg) then simply miss out the dose.

Day of the test: Please miss all your tablets for diabetes until after the test. Start them again as usual once you can eat a regular meal.

**If you are on any other tablets or non-insulin injectable medication**

Day before the test: you can take your medication as usual.

Day of the test: Please miss all your medication for diabetes until after the test. Start them again as usual once you can eat a regular meal.

**Afternoon appointment  
for people on tablets or  
non-insulin injectable medications for diabetes**

**If you are on any of the diabetes medication discussed  
on pages 2:**

Have an early breakfast. You should have nothing to eat after 8am but you can have small amounts to drink up to 2 hours before your test

Day before the test: You can take your tablets as usual.

Day of the test: Please miss all tablets for diabetes until after the test. Start them again as usual once you can eat a regular meal.

## ***Correction of hypo***

If you have a hypo (that is when your blood glucose is less than 4 mmol/L) then take one of the following treatments:.

- 5 to 7 Dextrosol® tablets or 4 to 5 Glucotabs®
- 4 jelly babies
- 150 to 200mls pure fruit juice.

**NOTE: Many soft drink manufacturers including Lucozade® have significantly reduced the carbohydrate content of their drinks. If you usually use Lucozade® or a carbonated drink to treat a hypo please think about using something else instead.**

Test blood glucose level after 10 to 15 minutes; if still less than 4 mmol/L, repeat treatment up to 3 times.

Make sure you tell medical staff if you have a hypo. Bring glucose tablets or Glucogel® in case you need them.

## ***What do I do after my test?***

The nursing staff will tell you when it is safe to eat and drink. As advised earlier in this leaflet, take your tablets when you are able to have a regular meal.

When you get home, your sugar levels may vary for a short time, but this should quickly return to your usual.

## ***Contact telephone numbers***

**If you need advice about your diabetes medications, please contact your Diabetes Specialist Nurse at least two weeks before your appointment.**

If you can't contact your own Diabetes Nurse Specialist, you can also contact:

**Diabetes Nurse Specialists  
JJR Macleod Centre for Diabetes,  
Endocrinology and Metabolism  
David Anderson Building, Foresterhill**

** 01224 559977 **

Opening hours: Monday to Friday 9am to 1pm

**Diabetes Nurse Specialists  
Aberdeen Royal Infirmary**

** 01224 559364 **

**EMERGENCIES ONLY:** If calling out-of-hours (between 5pm and 8.30pm), please contact:

**Ward 105 (Department of Diabetes)  
Aberdeen Royal Infirmary**

**Ask to speak to diabetes registrar on-call**

** 01224 554264 **

You can also contact your GP for further advice.

**This leaflet is also available in large print.  
Other formats and languages can be  
supplied on request. Please call Quality  
Development on 01224 554149 for a copy.  
Ask for leaflet 1013.**

Feedback from the public helped us to develop this leaflet.  
If you have any comments on how we can improve it,  
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