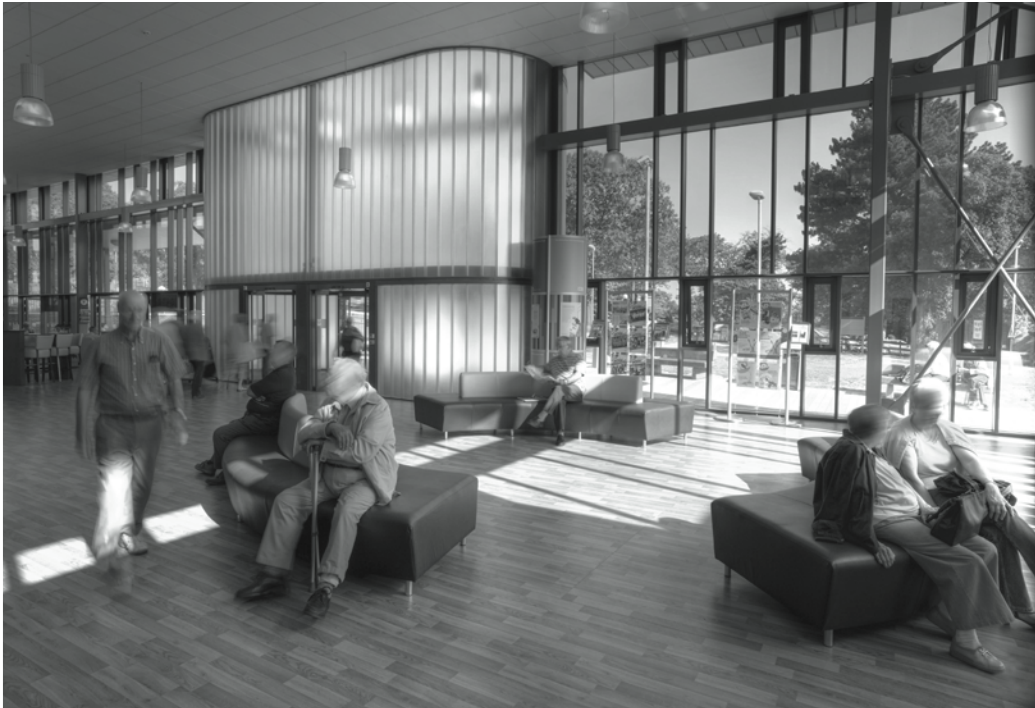


# Guidelines for patients with diabetes

undergoing Gastroscopy, ERCP  
or Bronchoscopy on an afternoon list

LS 675 04/13 V2 WFO



*Endoscopy Unit*

patientinformation

The Rotherham **NHS**  
NHS Foundation Trust

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[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)



*Your health, your life, your choice, our passion*



Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at [feedback@rothgen.nhs.uk](mailto:feedback@rothgen.nhs.uk)

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

هه‌نگه‌ر تۆ یان کاسنیک که تۆ ده‌بناسی بیویستی به‌یارماتی هه‌بنیت بۆ نه‌وه‌ی له‌م به‌لگه‌نامه‌ به‌ تیتیکات یان بیخووتنیتته‌وه، تکایه‌ به‌یو‌ندیمان پێوه‌ بکه‌ له‌سه‌ر نه‌و ژماره‌یه‌ی سه‌ره‌وه‌دا یان به‌و نیمه‌به‌له‌.

کوردی سۆرانی

Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

عربي

Urdu

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

اُردو

Farsi

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

فارسی

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

Patients with diabetes undergoing Gastroscopy, ERCP or Bronchoscopy on an afternoon list

## Introduction

There are different insulin regimen in use and some people may need insulin as well as tablet for their diabetes. If you have any questions or concerns please liaise with your Diabetes Team on 01709 427910 or the Endoscopy Unit on 01709 427029.

**During the preparation please monitor your blood sugar every 4 hours.**

## The day before the procedure

Use your usual diabetes medications and eat normally.

## The day of the procedure

- Light breakfast on the morning of the procedure.
- Take ½ dose of all diabetic medications (Insulin and tablets).
- No food for 6 hours prior to the procedure.
- Clear fluids (which may contain sugar in the event of a "hypo" but not milk) up to 3 hours before the procedure.
- Take your own insulin (and tablets if relevant) to the Endoscopy Unit.

### On arrival to the Endoscopy Unit

Inform the nurse that you have diabetes. Your blood sugar will be checked by the nurse booking you in.

### After the procedure

Your blood sugar will be checked and when you are awake, comfortable and able to swallow you will be given a light snack and a drink.

### Non-sedated/lightly sedated procedure

#### Any insulin regimen

Take your usual Insulin dose with the snack.

#### Any tablet regimen

Take your usual evening medication with the snack.

### Sedated procedure (ERCP)

#### Basal bolus regimen

Take usual teatime dose and take your normal nighttime dose).

#### Three times a day regimen

Take usual teatime dose.

#### Twice daily regimen

Take usual teatime dose.

#### Any tablet regimen

Take usual teatime dose.

Resume your usual diabetic regimen the following day.

### What to do if you have a "hypo"

Follow these instructions if your blood sugar is below 4mmol or if you are symptomatic from a low blood sugar e.g. feeling hot and sweaty, feeling unwell or dizzy (even if you do not check your blood sugar);

- Take 60mls of Lucozade or 150mls of full sugar fizzy drink or 60mls of full sugar squash diluted to taste or three glucose tablets immediately.
- This does not mean that your procedure will need to be cancelled, but do avoid milky fluids.
- Do not drive to the hospital if your sugar is less than 5mmol or you have symptoms of "hypo" (get dropped off by someone else).

If your blood sugar is very high (>25 or if you symptomatic from a high blood sugar) when you arrive at the hospital, you will be put on a continuous glucose and insulin injection called an 'intravenous drip' which will be stopped after the colonoscopy camera test.

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## How to contact us

If you experience any problems, advice from a healthcare professional is available on the following telephone numbers:

### Endoscopy Unit

Telephone 01709 424439

### Switchboard

Telephone 01709 820000

## Useful contact numbers

### NHS Direct

Telephone 0845 4647

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### Patient Services

Telephone 01709 424461

### A&E

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

## We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

### The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

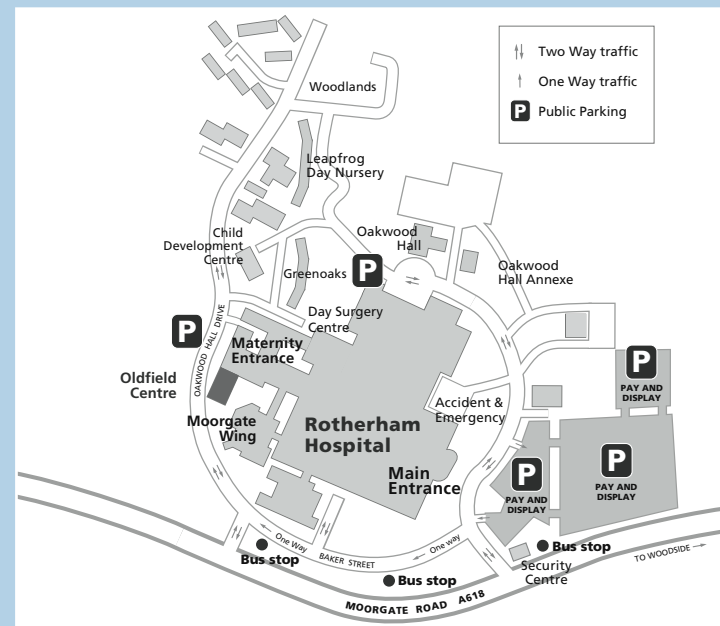
S60 2UD

Telephone 01709 424461

Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

## How to find us

Hospital site plan



Rotherham main routes

