

Endoscopy Services Leeds Teaching Hospitals NHS Trust

Advice for **DIABETIC** patients who are having a **GASTROSCOPY**

If you have any concerns about following these fasting instructions you should see your Diabetes Nurse Specialist

If you take INSULIN

Your appointment should have been made for early morning (8am or 8.30am).

- Eat a little extra the night before your gastroscopy
- Do not have anything to eat or drink from midnight
- Do not take your insulin on the morning of your gastroscopy
- Bring your insulin dose that you would normally take in the morning with you to your gastroscopy appointment
- Bring a light meal such as a sandwich with you for after your gastroscopy

If your diabetes is controlled by TABLETS only

Your appointment should have been made for either morning (before 9.30) or early afternoon (before 1.15).

Morning Appointment

- Eat a little extra the night before your gastroscopy
- Do not have anything to eat or drink from midnight
- Do not take your tablets on the morning of your gastroscopy
- Bring your diabetes tablets with you to your appointment
- Bring a light meal such as a sandwich with you for after your gastroscopy

Afternoon Appointment

- Have breakfast before 8am and take your diabetes tablets with your breakfast as normal
- Nothing to eat or drink after 8am
- Do not take any further diabetes tablets until after your gastroscopy
- Bring your diabetes tablets with you to your gastroscopy appointment
- Bring a light meal such as a sandwich with you to your appointment.

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