

Adjusting Your Diabetes Medicine and Diet for a Gastroscopy or EGD (Esophagogastroduodenoscopy)

The guidelines below will help you adjust your diabetes medicine and diet as you get ready for your test.

If you see a diabetes educator or diabetes specialist, contact them at least 1 week before your test to ask about adjusting your diabetes medicine or insulin.

Diet

- Follow the instructions the GI Clinic gives you about what you can eat or drink before the test.
- **If your test is in the morning**, don't eat or drink anything after midnight.
- **If your test is in the afternoon**, you can only have clear fluids in List 1 or 2 (below) until 4 hours before the test.
- If your blood sugar drops below 4.0 mmol/L or if you have symptoms of low blood sugar, take 15 grams of a carbohydrate-containing fluid from List 1.

Test your blood sugar again in 15 minutes. If your blood sugar is still low, take another 15 grams of carbohydrate-containing fluid from List 1.

List 1 – Fluids that have sugar (Each has about 15 grams of carbohydrate) (No fluids with red or purple dye)	List 2 – Fluids that are sugar-free (Choose as desired) (No fluids with red or purple dye)
<ul style="list-style-type: none"> • Black tea, coffee, or water with 1 rounded tablespoon (15 mL) sugar or honey • ½ cup (125 mL) regular Jell-O® • ½ cup (125 mL) regular (sugar sweetened) Kool-Aid® • ¾ cup (175 mL) fruit drink or fruit juice without pulp (e.g., apple, white grape) • ¾ cup (175 mL) regular pop • 1 cup (250 mL) sports drinks (e.g., Gatorade®) 	<ul style="list-style-type: none"> • Water • Clear bouillon, broth, or consommé • Diet pop • Diet Kool-Aid® or Crystal-Lite® • Black coffee or tea • Diet popsicle • Diet Jell-O®

Testing Your Blood Sugar

Test your blood sugar anytime you feel your blood sugar is low or high.

- Test your blood sugar at least every 4 hours. Blood sugars in the range of 8 to 12 mmol/L are fine for this test, even if it's higher than your usual target.
- If you have type 1 diabetes and your sugars are over 14 mmol/L, test your urine or blood for ketones.
 - If positive for ketones, you may need extra insulin. Moderate to large ketones may mean that you're in DKA (diabetic ketoacidosis) and need to go to the Emergency Department right away.
- If you're worried about your blood sugar level, speak with your healthcare provider or diabetes educator.

Adjusting Your Diabetes Medicine

If You Take Insulin
<i>The Day Before the Test</i>
Supper <ul style="list-style-type: none"><input type="checkbox"/> Premix Insulin: Reduce your dose of premix insulin (Humulin 30/70[®], Novolin 30/70[®], or Humalog 25/75[®]) by 25% (or the amount your healthcare provider tells you). Your dose will be _____ units.<input type="checkbox"/> All other insulin: All doses stay the same.
Evening/Bedtime <ul style="list-style-type: none"><input type="checkbox"/> Basal Insulin: Reduce your dose of basal insulin (Humulin N[®], Novolin[®] NPH, Lantus[®], Basaglar[®], Toujeo[®], Levemir[®] or Tresiba[®]) by 25% or the amount your healthcare provider tells you. Tresiba[®] may need to be reduced for 2–3 days before the procedure. Talk with your healthcare provider. Your dose will be _____ units.<input type="checkbox"/> Insulin Pump: You may need to reduce your basal rate by 10% to 20% overnight if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.

Test Day

Morning

- Bolus (meal) Insulin:** **Don't take** your morning bolus (meal) insulin (Apidra®, Humalog®, NovoRapid®, Fiasp®, Humulin R®, or Novolin® Toronto).
- Premix Insulin:** **Don't take** your morning premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®).
- Basal Insulin:** Reduce your dose of basal insulin (Humulin N®, Novolin® NPH, Lantus®, Basaglar®, Toujeo®, Levemir® or Tresiba®) by 25% or the amount your healthcare provider tells you. Tresiba® may need to be reduced for 2–3 days before the procedure. Talk with your healthcare provider.

Your dose will be _____ units.

- Insulin Pump:** You may need to reduce your basal rate by 10% to 20% if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.

***Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

After the Test

- Premix Insulin:** Reduce your morning dose of premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) by 25% (or the amount your healthcare provider tells you) for your first meal after the test.

Your dose will be _____ units.

- All other insulin:** Take as prescribed.

If You Take Diabetes Medicine Other Than Insulin

The Day Before the Test

- Take your medicine as usual, or as your healthcare provider tells you.

Test Day

- Don't take any diabetes medicine until after your test is done and you're eating. Then take it as per your scheduled dose.

***Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.

