

## 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)	List 2 – Fluids that are sugar-free (Choose as desired)
<ul style="list-style-type: none"> <li>• Black tea, coffee, or water with 1 rounded tablespoon (15 mL) sugar or honey</li> <li>• ½ cup (125 mL) regular Jell-O®</li> <li>• ½ cup (125 mL) regular (sugar sweetened) Kool-Aid®</li> <li>• ¾ cup (175 mL) fruit drink or fruit juice without pulp (e.g., apple, white grape)</li> <li>• ¾ cup (175 mL) regular pop</li> <li>• 1 cup (250 mL) sports drinks (e.g., Gatorade®)</li> </ul>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Clear bouillon, broth, or consommé</li> <li>• Diet pop</li> <li>• Diet Kool-Aid® or Crystal-Lite®</li> <li>• Black coffee or tea</li> <li>• Diet popsicle</li> <li>• Diet Jell-O®</li> </ul>

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## Testing Your Blood Sugar

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**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 these 2 days, 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.

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## Adjusting Your Diabetes Medicine

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### If You Take Insulin

#### *The Day Before the Test*

##### Supper

- Premix Insulin:** Take 50% (half) of your premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) or the amount your healthcare provider tells you.

Your dose will be \_\_\_\_\_ units.

- All other insulin:** All doses stay the same.

##### Evening/Bedtime

- Basal Insulin:** Take 50% (half) of your basal insulin dose (Humulin N®, Novolin® NPH, Lantus®, or Levemir®) or the amount your healthcare provider tells you.

Your dose will be \_\_\_\_\_ units.

- 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<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin<sup>®</sup> Toronto).
- Premix InsulinBlack Don't take** your morning premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>).
- Basal Insulin: Take 50%** (half) of your basal insulin (Humulin N<sup>®</sup>, Novolin NPH<sup>®</sup>, Lantus<sup>®</sup>, or Levemir<sup>®</sup>).

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: Take 50%** (half)—or the amount your healthcare provider tells you—of your premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>).
- All other insulin:** Take as prescribed.

## **If You take Diabetes Pills**

### ***The Day Before the Test***

- Take your medicine as normal in the morning and at lunch 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.
- Don't take any diabetes medicine until your test is done. Take your diabetes medicine once you start eating.

**\*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.*

