

# 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.

<b>List 1 – Fluids that have sugar</b> (Each has about 15 grams of carbohydrate) (No fluids with red or purple dye)	<b>List 2 – Fluids that are sugar-free</b> (Choose as desired) (No fluids with red or purple dye)
<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 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.

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## Adjusting Your Diabetes Medicine

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If You Take Insulin
<b><i>The Day Before the Test</i></b>
<b>Supper</b> <ul style="list-style-type: none"><li><input type="checkbox"/> <b>Premix Insulin:</b> Reduce your dose of premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) by 25% (or the amount your healthcare provider tells you). Your dose will be _____ units.</li><li><input type="checkbox"/> <b>All other insulin:</b> All doses stay the same.</li></ul>
<b>Evening/Bedtime</b> <ul style="list-style-type: none"><li><input type="checkbox"/> <b>Basal Insulin:</b> Reduce your dose of basal insulin (Humulin N<sup>®</sup>, Novolin NPH, Lantus<sup>®</sup>, Toujeo<sup>®</sup>, or Levemir<sup>®</sup>) by 25% (or the amount your healthcare provider tells you). Your dose will be _____ units.</li><li><input type="checkbox"/> <b>Insulin Pump:</b> 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.</li></ul>

## ***Test Day***

### **Morning**

- Bolus (meal) Insulin: Don't take** your morning bolus (meal) insulin (Apidra®, Humalog®, NovoRapid®, 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®, Toujeo®, or Levemir®) by 25% (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% 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 Pills**

### ***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.*

