



NHS



**A GUIDE
FOR
PATIENTS**

IF YOU ARE DIABETIC

**YOUR ENDOSCOPY APPOINTMENT
AT LIVINGCARE.**



LivingCare

IF YOU ARE AN INSULIN DEPENDANT DIABETIC.

In order to prepare for your test, you should:

- Take your medication, including insulin, and eat and drink as normal for up to 4 hours before your test.
- Have nothing to eat or drink after this time, and do not take anymore insulin.
- Check your blood sugar level before leaving home. It is normal for this to rise during this time. You should not take anymore insulin. We will check your blood sugar before the test.
- Bring your insulin and something to eat with you.

After the test you may return to your normal regime.

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.

