Diabetes and bronchoscopy / thoracoscopy

Information for patients
Diabetes Service
This leaflet provides you with information that will help to keep your blood glucose levels controlled whilst having a bronchoscopy or thoracoscopy.

**This advice is for:**

- all people on diabetes tablets
- all people on insulin

However please note: If you have Type 1 Diabetes and your test is in the **afternoon** you will need additional advice to that found in this leaflet so please ring your Diabetes Nurse Specialist for advice regarding your insulin doses.

| Tel: 0114 271 4445 for Northern General Hospital |
| Tel: 0114 271 3479 for Royal Hallamshire Hospital |

If you are on insulin and are unsure about the type of diabetes you have, please follow the instructions for people with Type 1 Diabetes.

**Helpful tips**

- If you test your blood glucose at home, do this regularly.
- Treat any hypos up to before the test with a sugary drink. These need to be clear or pale in colour with no bits. Remember these need to contain sugar so avoid 'no added sugar' and 'diet' types.

**Examples include:**

Apple juice
Clear lemonade
Diluted cordials (all except dark coloured ones such as blackcurrant)
• Treat any hypos that are within 4 hours of the test, with glucogel - 2 tubes, if you have a supply.
• Please inform the nursing staff on arrival if you have had a hypo.

The day before your test

• Take your usual diabetes tablets and/or insulin doses during the day.
• If having a morning test and you usually take insulin once daily (Lantus or Levemir) at bedtime, reduce your dose by about one third.

Please note: if you have had DAFNE training you should adjust your insulin based on the DAFNE advice, rather than on these instructions.

The day of your test

• Do not take your morning diabetes tablets and/or insulin
• If having an afternoon test, you may have a light breakfast.
• You may bring a snack (for example, a sandwich) with you to the hospital.
• If you are on insulin, bring your insulin with you to the hospital.
• After the test you can eat normally.

How should I restart my diabetes treatment after the test?

If you have Type 2 Diabetes - Take your next dose of insulin or tablets when it is due - usually this would be at tea time.

If you have Type 1 Diabetes - Follow the table on the next page for a guide to restarting your insulin after the test.
<table>
<thead>
<tr>
<th>When are you first going to eat?</th>
<th>For those on twice daily injections</th>
<th>For those on multiple injections (4 to 5 a day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid morning (late breakfast)</td>
<td>Take only <strong>two-thirds</strong> of your usual morning insulin dose. For example if eating at 10.30am and usual dose is 30 units, take just 20 units with your late breakfast.</td>
<td>Take <strong>half</strong> your usual insulin dose(s).</td>
</tr>
<tr>
<td>Lunchtime</td>
<td>Take only <strong>half</strong> of your usual morning insulin dose with lunch. For example if eating at 12.30pm and usual morning dose is 30, take just 15 units.</td>
<td>Miss out breakfast insulin(s). Take usual lunchtime dose.</td>
</tr>
</tbody>
</table>

For further advice please ring:

**Diabetes Centre**

Tel: **0114 271 4445** for Northern General Hospital

Tel: **0114 271 3479** for Royal Hallamshire Hospital

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