

# Endoscopic duodenal mucosal resurfacing for insulin resistance in type 2 diabetes

Information for the public

Published: 16 May 2024

[www.nice.org.uk](http://www.nice.org.uk)

This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

Type 2 diabetes can occur when the cells in the body do not respond properly to insulin (insulin resistance). The duodenum (the first part of the small intestine) plays an important role in insulin sensitivity and the regulation of blood sugar. One factor thought to contribute to insulin resistance is the duodenum not working properly.

In this procedure, an endoscope (a long, thin, flexible tube with a small camera and light on the end) and a balloon catheter (a soft silicon tube) are passed through the mouth into the duodenum. The balloon is then inflated to expand the duodenal mucosa (lining). Then, using the endoscope to locate the mucosa, heat is used to destroy it. This encourages resurfacing (a new lining to grow). The aim is to make the duodenum work better by making the mucosa more sensitive (less resistant) to insulin.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

The [NHS webpage on type 2 diabetes](#) may be a good place to find out more.

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what only in research is.

[Diabetes UK](#) (0345 123 2399) can give you advice and support.

You can also get support from your local [Healthwatch](#).

ISBN: 978-1-4731-8977-5