

Advice for people with insulin and/or tablet controlled diabetes undergoing surgery

This leaflet gives you instructions if your diabetes is controlled by insulin and/or tablets on when to stop taking your medication and when to stop eating and drinking before an operation or procedure. If there is anything you do not understand or if you have any questions, please speak to your doctor or nurse.

Before your operation or procedure:

Please follow the handwritten instructions at the end of this leaflet marked 'What to do with your medication before surgery' for individual advice.

If your operation (procedure) is in the morning:

- Do not eat any food after 2am.
- Drink clear fluids such as black tea or coffee, sugar-free squash or water up to 6.30am.

If your operation (procedure) is in the afternoon:

- Eat breakfast before 7am and take no more food after this time.
- Drink clear fluids, such as black tea or coffee, sugar free squash or water, up to 11am.
- When you travel to and from the hospital for your operation carry some glucose tablets or a sugary drink.

What to do if you have low blood sugar symptoms

If you have any symptoms of a low blood sugar, such as sweating, dizziness, blurred vision or shaking, please test your blood sugar if you are able to do so. If it is less than 6mmol/L, take 4 glucose tablets or 150ml of the sugary drink (this is the same as half a standard sized can of non-diet cola). Please tell staff at the hospital that you have done this because it is possible that your surgery may have to be rearranged for another day.

After your operation/procedure

- After your operation (procedure) your blood sugar will be checked and, if necessary, additional insulin given.
- After your operation (procedure) you will be offered food and drink when you feel able to eat.
- If you are eating and drinking normally you should resume taking your normal insulin (and tablets) the next morning. However, your blood glucose levels may be higher than usual for a day or so.
- If, when you get home you are unable to eat because you feel sick or vomit, please refer to the sick day rules leaflet.
- If you do not improve quickly and usually attend the hospital for your diabetic care, please telephone the Diabetes Team on 0118 322 7478 during office hours Monday – Friday. Outside these hours please contact your GP practice or out-of-hours service.
- If you usually see your GP for your diabetic care, please phone your GP practice.

Remember to bring with you to hospital:

- Glucose tablets or sugary drink.
- Blood glucose testing equipment you usually use.
- Insulin (and tablets) you usually take for your diabetes.

Remember that our aim is to work with you to make your operation a success, and to get you back to normal activities as soon as possible.

What to do with your medication before surgery *(assessing nurse to complete)*

.....
.....
.....
.....
.....

More information is available on the Trust website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Centre for Diabetes and Endocrinology, April 2018
Review due: April 2020