

Advice for people with diabetes leaving hospital following a surgical procedure

- Take your insulin or other medication as advised in the information leaflet.
- Monitor your blood glucose if you have the equipment to do so – 4 times per day if possible.
- You should test more frequently if you are unwell, nauseated or vomiting (feeling or being sick).
- Your blood glucose may be higher than usual. This is not a concern if you are feeling well.
- If you are feeling unwell (particularly if vomiting and unable to take food or medication) contact your usual Diabetes Team/GP surgery.
- If outside normal working hours, please contact your GP's out of hours service.

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.

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