

Anaesthetics/Diabetes and Endocrinology

Information for Patients with Diabetes Undergoing Surgery or Elective Procedures

Preoperative Fasting Instructions for all patients

For MORNING Operations	STOP TAKING AT:
Food or milk	midnight
Black tea/coffee/ sugar-free squash (not juice)/ Pre-Op carbohydrate drink	5:00 am
Water	Arrival to hospital
Please do not chew gum on the day of surgery	

For AFTERNOON Operations	STOP TAKING AT:
Food or milk	7:00 am
Black tea/coffee/ squash (not juice)/ Pre-Op carbohydrate drink	10:00 am
Water	Arrival to hospital
Please do not chew gum on the day of surgery	

Tablet Controlled Diabetes

If you have any symptoms of 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 4 mmol/L, take 4 glucose tablets or 150 mls 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 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 tablets the morning after surgery. However, your blood glucose levels may be higher than usual for a day or so.

When you get home, if you feel nauseated or vomit and are unable to eat, please refer to the sick day rules at the end of this leaflet.

If you do not improve quickly and usually attend the hospital for diabetes care, please telephone the Diabetes Team during office hours Monday – Friday. Outside these hours please contact your GP practice or out of hours service.



Patient Information

Remember to bring with you to hospital:

- Glucose tablets or a sugary drink
- Blood glucose testing equipment (if you usually monitor your blood glucose)
- The tablets you usually take for your diabetes.

Instructions for taking your diabetes medication before your operation (to be completed by assessing nurse)

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Insulin Controlled Diabetes

If you have any symptoms of 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 4 mmol/L, take 4 glucose tablets or 150 mls 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) your blood sugar will be checked and additional insulin given if necessary.

You will be offered food and drink when you feel able to eat. If you are eating and drinking normally you should restart taking your normal insulin the next morning.

However, your blood glucose levels may be higher than usual for a day or so.

When you get home, if you feel sick or are sick and are unable to eat, please refer to the sick day rules section at the end of this leaflet.

If you do not improve quickly and usually attend the hospital for diabetes care please telephone the Diabetes Team during office hours Monday – Friday. Outside these hours please contact your GP practice or out of hours service.

Remember to bring with you to hospital

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

Instructions for taking insulin before your operation - to be completed by assessing nurse.

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Patient Information

Sick Day Rules for People with Diabetes

What should I do if I am unwell?

- **Never** stop taking your insulin or tablets – illness usually increases your body's need for insulin;
- **Test** your blood glucose level every 2 hours, day and night;
- **Test** your urine for ketones every time you go to the toilet or your blood ketones every 2 hours if have the equipment to do this;
- **Drink** at least 100 mls water/sugar free fluid every hour – you must drink at least 2.5 litres per day during illness (approximately 5 pints);
- **Rest** and avoid strenuous exercise as this may increase your blood glucose level during illness;
- **Eat** as normally as you can. If you cannot eat or if you have a smaller appetite than normal, replace solid food during illness, with one of the following:
 - 400 mls milk
 - 200 mls carton fruit juice
 - 150-200 mls non-diet fizzy drink
 - 1 scoop ice cream.

When should I call the Diabetes Specialist Nurses or my GP?

- **Continuous** diarrhoea and vomiting, and/or high fever;
- **Unable** to keep down food for 4 hours or more;
- **High** blood glucose levels with symptoms of illness (above 15 mmol/L - you may need more insulin);
- **Ketones** at ++2 or +++3 in your urine or 1.5 mmol/L blood ketones or more. (You may need more insulin). In this case, contact the person who normally looks after your diabetes immediately.

Outside normal working hours consult the local out-of-hours service or go to your local hospital A&E department.

For further information please contact the Anaesthetic Department on 024 7696 5871.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5871 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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