



# Patient Information

## Diabetes & Surgical Procedures for Adults

This brochure provides important information for people with diabetes when preparing for and recovering from surgical procedures.

**Please follow the advice carefully.**

### Diabetes management before surgery

If your blood glucose (sugar) levels (BGLs) are high or unstable at the time of surgery there is an increased risk of complications such as infection or poor wound healing. If your recent HbA1c (a measure of diabetes control) is too high, it may be necessary to lower and stabilise your BGLs before your procedure.

It is recommended you discuss your baseline diabetes control and management with your GP or diabetes specialist prior to your planned procedure.

If your BGLs are found to be significantly elevated on the day of admission it may be considered safer to postpone your procedure.

Ask your doctor how you should adjust your diabetes medications or insulin before surgery

### How does surgery affect my blood glucose levels?

Following your procedure it is possible your BGLs will become elevated due to the stress on your body. Some people may need to stay in hospital longer and need additional medication or insulin for a period of time to stabilise their diabetes. This will vary for each patient.

## One week prior to admission

- Review the instructions about how to adjust your diabetes medications or insulin before your procedure. If uncertain, ask your doctor.
- Ensure you have enough diabetes medication for at least one week after your procedure.
- If you monitor your BGLs, ensure you have enough blood glucose test strips.
- Check your BGLs at least twice a day. Monitor more frequently when fasting or when undertaking bowel preparation.
- Particularly if you take insulin, it is a good idea to buy some apple juice or lemonade (not diet) in the event of low blood glucose levels while fasting.

Contact your doctor if your blood glucose levels remain above 14.0mmol/L for more than 24 hours.

## On the day of the procedure

### Fasting/clear fluids:

You will be advised by the hospital or your admitting doctor regarding fasting times to allow for safe anaesthesia and surgery. Minimising fasting is helpful for people with diabetes to avoid high and low BGLs. Every effort is made to organise your procedure for early in the operating list.

Fasting times for solid food and clear fluids are different – you will be given separate times for these. It is important to follow these times carefully, or your surgery may be delayed or cancelled. Please don't fast for longer than advised. Your surgeon or anaesthetist may prescribe a specific carbohydrate drink prior to your surgery. In some cases a small dose of insulin may be given at the same time.

### Allowable clear fluids include:

- Water
- Diet cordial
- Diet lemonade
- Tea or coffee with no milk or sugar (artificial sweetener acceptable). Non diet drinks can be consumed if your BGL is low.

## Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

**HA BISOGNO DI UN INTERPRETE?** L'ospedale offre un servizio interprete gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

**¿NECESITA UN INTERPRETE?** El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

**ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΙΑ;** Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλούμε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίσει διερμηνεία για σας.

**TREBA LI VAM TUMAČ?** Bolnica pruža besplatnu i poverljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

**ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ?** Болница пружа бесплатне, поверљиве услуге преводаца. Замолите свог лекара или медицинску сестру да вам обезбеди преводаца.

**QUÍ VỊ CÒ CẦN THÔNG NGÔN VIÊN KHÔNG?** Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

**您需要傳譯員嗎?**  
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

**TERCÜMANA İHTİYACINIZ VAR MI?** Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

**MA U BAAHAN TAHAY TUR-JUMAAN?** Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqarkaaga ama Kalkaaliyahaaga inay turjumaan kuu balaaniyaan.

**هل أنت بحاجة إلى مترجم؟** تقدم المستشفى خدمة ترجمة مجانية وبسرعة الرجاء الطلب من طبيبك أو الممرضة المترجم لترجم لك.

## On the day of the procedure

### Diabetes management:

- Monitor your BGLs every 2 hours if you are taking insulin.
- If you use an insulin pump and/or continuous glucose monitoring (CGM), please bring enough pump/CGM supplies and insulin to last throughout your hospital stay.
- Follow your doctor's instructions for withholding/adjusting medications.
- Always bring your medications to hospital with you even if they are being withheld. Do not drive on the day of the procedure, the following day or until you have been advised it is safe to do so by your doctor.

### Low blood glucose levels (hypoglycaemia)

If you have symptoms of low blood glucose such as:

- sweating
- blurred vision
- dizziness
- shaking

Check your blood glucose level (BGL).

#### **If your BGL is less than 4mmol/L:**

- **STEP 1:** drink 150mL of lemonade (not diet) or apple juice
- **STEP 2:** recheck BGL in 15 minutes
- **Repeat STEP 1 & 2 if BGL is still less than 4mmol/L**
- Check BGL 1-2 hourly, or if symptomatic of low BGL
- Ensure you tell staff when you arrive about the low BGL

### After the procedure

- Your BGL will be monitored regularly during and following your procedure.
- Once you are able you should eat the light snack/meal offered to you unless advised otherwise by your doctor.
- If you are eating and drinking normally you can usually start taking most diabetes medication again. Confirm this with your doctor.
- Your BGLs may be higher than usual for a few days. This is not a concern if you are feeling well.
- Continue to monitor your BGLs until they return to pre-procedure levels.

Aim to keep BGLs 6-12mmol/L to promote wound healing/recovery

## Contact your doctor or specialist if:

- Your BGLs rise above 14mmol/L for longer than 24 hours (longer than 8 hours if you have Type 1 diabetes).
- You notice infection at wound sites. This could be indicated by redness, swelling, discharge, or fever
- Your BGLs are not returning to normal within one week of your procedure.

## ALERT!

If you normally take **Empagliflozin**, **Dapagliflozin** or **Canagliflozin** there is a small chance of developing potentially harmful ketosis (related to long periods of fasting/restricted dietary intake) during bowel preparation, or after major surgery.

Seek medical advice if you take these medications & experience:

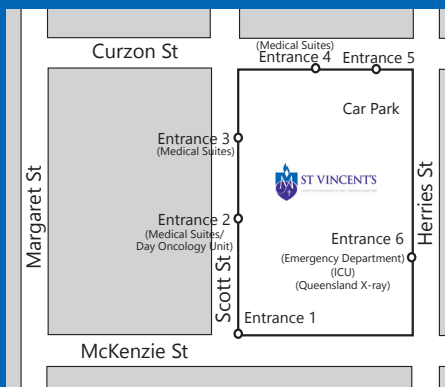
- Nausea/vomiting for more than 4 hours
- Abdominal pain/cramping
- Shortness of breath

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This education tool was developed in partnership with SVPHT Consumers.



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UNDER THE STEWARDSHIP OF MARY AIKEN-HEAD MINISTRIES