

Management of diabetes undergoing elective surgery

Diabetes and Endocrinology

Patient Information Leaflet for
patients on basal/bolus insulin
(\geq four injections per day)

These instructions are for patients with diabetes, treated with both:

- **Bolus insulin for mealtimes (e.g. NovoRapid, Humalog, Apidra)**

and

- **Background insulin. For example: Lantus, Levemir, Insulatard, Humulin I, Degludec).**

On the day before surgery

Continue your usual diabetic medications and follow any bowel preparations as advised by your surgeon/staff at the pre-assessment clinic.

On the day of surgery

When your background insulin is due, you should take these as normal. If you are also taking metformin, continue to take this.

You should **not** take your mealtime bolus insulin and any other diabetic medications (other than metformin) from the time you are asked to fast.

Remember to bring to hospital all your diabetes medications, dextrose tablets and blood testing equipment.

Your blood glucose will be tested by finger prick when you arrive to hospital and then monitored.

You can ask for extra blood testing if you feel symptoms of a 'hypo' (low blood glucose).

The target for safe surgery is 6 – 10 mmol. You may need insulin treatment to bring down high glucose, or dextrose infusion for treatment of low blood glucose.

After surgery

You will be discharged when you are eating and drinking normally and your blood glucose is at a safe level.

However, if you are unwell with:

- **Continuous** vomiting/diarrhoea, or high fever
- **Unable** to keep food down for four hours or more
- **High** blood glucose (>15.0 mmol by finger prick testing)
- **High** ketones (>0.6 mmol)

You should seek medical help. During office hours contact your usual Diabetes Specialist Nurse or Doctor.

At other times contact your local out-of-hours GP service.

Please use this space for any notes you may wish to make

Under review

If you have any questions or if there is anything you do not understand about this leaflet please contact:

Diabetes and Endocrine Centre, North Wing
Russells Hall Hospital
Tel: 01384 244399

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆੱਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરને **0800 0730510** પર સંપર્ક કરો.

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-আর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاءا اتصل بمتسق المعلومات للمريض **0800 0730510** على التلفون Information Co-ordinator

مہم ضرورت اریلفایٹ کو اپنی زبان (اردو) میں حاصل کرنے کے لئے رومہر اپنی ٹیلیفون نمبر **0800 0730510** پر ویفٹ ایڈیشن کو اور ڈیٹیل (مریٹوں) کے لئے معلومات کی فراہمی کے سلسلے میں اس کے ساتھ رابطہ کریں۔

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