

Management of Diabetes Undergoing Elective Surgery

Diabetes and Endocrinology

Patient information leaflet for
patients on basal/bolus insulin
(≥ 4 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 (e.g. Lantus, Levemir, Toujeo, Tresiba, Insulatard, Humulin I).**

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 on metformin, continue to take this.

You should **not** take your mealtime bolus insulin and any other diabetic medications 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 4 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

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

The Diabetes and Endocrine Centre on 01384 244399

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔