

# Management of diabetes undergoing elective surgery

## Diabetes and Endocrinology

Patient Information Leaflet for  
patients on non-insulin  
treatments

## **These instructions are for patients whose diabetes is controlled only by oral drugs or GLP-1 (for example: Byetta, Victoza, Lyxumia) injections not insulin.**

### **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**

If you are taking metformin (Glucophage), continue taking this. Otherwise, all other diabetes medications that you are taking should be stopped from the time of fasting.

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

When you arrive at hospital your blood glucose will be tested by finger prick and then monitored regularly.

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 either:

- **Continuous** vomiting/diarrhoea, or high fever
- **Unable** to keep food down for four hours or more
- **High** blood glucose (more than 15 mmol by finger prick testing)
- **High** ketones (more than 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 ਲੀਫਲੈਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफोन नम्बर **0800 0730510** पर फोन करें।

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

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

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**0800 0730510** على التالفون Information Co-ordinator

حسب ضرورت اس لىفلاٹ کا ہلپا زبان (اردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پر پشٹ انفارمیشن کو-آورڈینر (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں اصرار) کے ساتھ رابطہ کریں۔

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