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Pre-op Leaflet for Adult Patients with Diabetes

Information for Patients

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Preparing for an Operation – Controlling Your Blood Sugar

Whilst it is important to control your blood sugar so as to reduce the risk of long term complications of diabetes such as damage to your kidneys, eyes or heart, it is also extremely important to control the blood sugar at the time of an operation. Poor control of blood sugar is known to increase the risk of poor wound healing and infections. An infection not only will delay your recovery but may even result in the failure of operation itself if the proposed operation is a joint replacement.

The target range for the control of blood sugar is between 4-10mmol/l and HbA1c (glycosylated haemoglobin) levels less than 69mmol/mol, (8.5%). If your HbA1c is more than 69mmol/mol then it suggests inadequate control of blood sugar. Ideally you should attempt to achieve these targets prior to your operation and seek advice from your GP or hospital Diabetes team.

Day of Your Operation

Morning Operation:

1. You will have nothing to eat or drink after midnight on the evening before.
2. Patients on diabetes tablets should not take these.
3. Patients on insulin should take long-acting insulin (e.g. Lantus®, Levemir®, Toujeo®, Tresiba®) as normal but any other type of insulin should not be taken.

Afternoon Operation:

1. Take a light, early breakfast before 7.00 am and do not eat after that.
2. Take diabetes tablets with breakfast but do not take diabetic tablets at lunchtime.
3. **Patients on insulin:**
 - **Once Daily Insulin** (e.g. Lantus®, Levemir®, Toujeo®, Tresiba®) – take as normal
 - **Twice Daily Insulin** (e.g. NovoMix30®, HumalogMix25®, Humulin M3®) – take half the normal dose with the light breakfast.
 - **Four Times Daily Insulin** – take normal dose of fast-acting insulin (e.g. NovoRapid®, Apidra®, Humalog®, Fiasp®) for a light breakfast but do not take any insulin at lunchtime. Take normal dose of long-acting insulin (e.g. Lantus®, Levemir®, Toujeo®, Tresiba®)

After your operation your diabetes treatment will be restarted when you are able to eat and drink normally. Long-acting insulins (e.g. Lantus®, Levemir®, Toujeo®, Tresiba®) will continue to be given as normal.

Please bring your medication and insulin into hospital with you, as well as your blood sugar testing meter.