

**Patient instruction leaflet:
For people with diabetes controlled by medication-undergoing surgery
or a procedure requiring a starvation period**

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Fasting instructions

If your operation (procedure) is in the morning (asked to attend at 7am)

- Do not eat any food after midnight
- Drink clear fluids such as black tea/coffee, sugar free squash or water up to 6am

If your operation (procedure) is in the afternoon (asked to attend at 11am)

- Eat a light breakfast before 7 am and take no more food after this time
- Drink clear fluids such as black tea/coffee, sugar free squash or water up to 11am

Before your operation (procedure)

- Please bring Glucose tablets or a clear non-fizzy sugary drink for your journey
- Please bring your Insulin, tablets and/or injections which you usually take for your diabetes
- Please bring a bottle of water that you can sip 30 mls every hour while you are waiting

If showing signs of low blood sugar (sweating, dizziness, blurred vision or shaking) Please **test your blood sugar** if able;

- If less than 6mmol/L or unable you are unable to test blood sugar
 - Take 4 glucose tablets or 150mL of the sugary drink
- Please inform staff on arrival to hospital for appropriate management

Instructions for taking anti-diabetics and insulins before your operation (procedure):

Name of Medication or Insulin	Dose to take the day before surgery	Dose to take if operation (procedure) is in the MORNING (asked to attend at 7am)	Dose to take if operation (procedure) is in the AFTERNOON (asked to attend at 11am)
			Completed by
			Nurse/Pharmacist

After your operation (procedure)

- Your blood sugar will be checked and additional insulin given if necessary.
- You will be offered food and drink when you feel able to eat.

- If you are eating and drinking normally you should resume taking your normal anti-diabetic medication.
- Your blood glucose levels may be higher than usual for a day or so.
- When you get home, if you feel nauseated or vomit and are unable to eat, please refer to the sick day rules overleaf.

Sick Day Rules for People with Diabetes

What should I do if I am unwell?

- **NEVER** stop taking your insulin or tablets – illness usually increases your body's need for insulin.
- **TEST** your blood glucose level every 2 hours, day and night.
- **TEST** your urine for ketones every time you go to the toilet or your blood ketones every 2 hours if have the equipment to do this.
- **DRINK** at least 100ml water/sugar free fluid every hour – you must drink at least 2.5 litres per day during illness (approx. 5 pints!).
- **REST** and avoid strenuous exercise as this may increase your blood glucose level during illness.
- **EAT** as normally as you can. If you cannot eat or if you have a smaller appetite than normal, replace solid food during illness, with one of the following:
 - 400ml milk.
 - 200ml carton fruit juice.
 - 150-200ml non-diet fizzy drink.
 - 1 scoop ice cream.

If you do not improve quickly please contact your GP practice or out of hours services.

When should I call the Diabetes Specialist Nurses or my GP?

- **CONTINUOUS** diarrhoea and vomiting, and/or high fever.
- **UNABLE** to keep down food for 4 hours or more.
- **HIGH** blood glucose levels with symptoms of illness (above 15mmol/L - you may need more insulin).
- **KETONES** at ++2 or +++3 in your urine or 1.5mmol/L blood ketones or more. (You may need more insulin). In this case, contact the person who normally looks after your diabetes immediately.

OUTSIDE NORMAL WORKING HOURS consult the local out of hour's service or go to your local hospital A&E department. Place of your surgery.

Useful Contacts

If you have any concerns and/or would appreciate some advice please contact the appropriate Pre-operative Assessment Clinic (Monday – Friday 8am-5pm) and ask to speak to an Assessment Nurse.

- **Centralised Pre-operative Assessment Clinic 01603 286286 ex 4794** (or pharmacist on 01603 286286 ext 7527).

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- **Orthopaedic Pre-operative Assessment Clinic 01603 286499** (or pharmacist on 01603 286286 ext 4537).

