

Remember to bring into hospital

- Glucose tablets
- Blood testing equipment you usually use
- Insulin you usually take for your diabetes

Treatment for Hypoglycaemia (if blood sugar less than 4 mmol/litre)

If you have any symptoms of low blood sugar such as sweating, dizziness, blurred vision or shaking please test your blood sugar

If it is less than 4 mmol/L take 150 mls of a non-fizzy sugary drink such as apple juice or 100 mls Lucozade

After ten minutes repeat the blood test. If the result is still 4 mmol/l or below please repeat the above advise.

On arrival at the hospital please tell the staff that you have done this as it may be necessary to delay your surgery.

Day surgery

Guidelines for people with Diabetes who are on insulin

**These instructions are only a guide.
If you feel that you need
additional advice, please contact:**

**Diabetes Specialist Nurses
(Monday - Friday am)**

01935 384517

**Once daily Lantus or Levemir
Insulatard or Humulin I**

Follow the usual instructions in the information booklet you will have been given.

On the day before coming into hospital take your insulin as usual.

Ensure you have a snack before going to bed, such as toast

7.30am or 8am admission for surgery on the same morning

Do not eat on the day of your operation (no food or milk after midnight). You may have a drink of water at 6am and then nothing to drink after this time.

If you usually take your once daily insulin in the morning, reduce your dose by 1/3. Your blood glucose will be checked on admission.

Late morning or 1pm admission - for surgery that afternoon

You may have a light meal such as tea / coffee and toast before 7am. Have no food or milk after 7am.

Have a drink of water before 11am on the morning of your procedure.

Do not drink anything thereafter.

Please be aware if your blood sugar is above 15mmols on admission, your surgery may need to be postponed or cancelled.

Once home following surgery you should restart your usual Insulin when the next dose is due.

What should I do if I am unwell following surgery?

When you get home, if you feel nauseated or vomit, and are unable to eat as normal, replace food with one of the following:

400 mls of milk **or**
200 ml carton fruit juice **or**
150-200 mls non-diet fizzy drink **or**
1 scoop of ice cream

- Ensure you continue to take your usual insulin - illness usually increases your bodies need for insulin
- Drink at least 100 mls water/sugar free fluid every hour, you must drink at least 2.5 litres (five pints) per day
- Rest and avoid strenuous exercise
- If you carry out your own blood tests, this should be done every 2 hours day and night whilst feeling unwell.

If you do not improve quickly and usually attend the hospital for diabetes care then telephone Diabetes Team - number on back of this leaflet. Outside these hours contact your GP practice or out of hours service. If you usually see your GP about your diabetes then phone your GP practice.