

Diabetes And Surgical Procedures For Adults



Health
Northern Sydney
Local Health District

Northern Sydney Local Health District Diabetes Education Services

DIABETES AND SURGICAL PROCEDURES

If your blood glucose (sugar) levels are high at the time of an operation wound healing may be delayed and there is an increased risk of infection.

It is strongly recommended that you arrange an appointment to discuss the management of your diabetes with your doctor or diabetes specialist as soon as possible before the planned operation or procedure.

During the pre-admission process you will be asked to provide a recent blood test result known as an **HbA1c** which reflects your recent diabetes control. The HbA1c result should not be more than three months old.

If you do not have an **HbA1c** result with you at the time of booking in you will be asked to obtain one through your doctor or have it done at the hospital pathology service.

Discuss your **HbA1c** result with your doctor. If your **HbA1c** is found to be 9% or higher it may be considered necessary to take steps to lower your blood glucose levels before the day of your operation or procedure.

You may be directed to contact the Diabetes Service at your hospital for specific advice. Contact the appropriate hospital and ask to be put through to the Diabetes Service.

Royal North Shore Hospital: 9926 7111

Hornsby Hospital: 9477 9123

Ryde Hospital: 9858 7888

Mona Vale Community Health Centre: 9998 6130

Brookvale Community Health Centre: 9388 5236

Please note that if your blood glucose levels are found to be significantly elevated on the day of admission it may be considered safer to postpone your operation or procedure.

Following the procedure it is possible that your blood glucose levels will become elevated due to the stress caused by the operation or procedure on your body.

Some people with diabetes may need to stay in hospital longer and need additional medication or insulin for a period of time following the operation or procedure to stabilise your diabetes. This will vary for each patient.

If you take insulin your dose may need to be revised. Take this brochure with you to the appointment with your doctor and ask for any specific instructions. Then please write them down.

Instructions from your Doctor:

One week prior to admission

Ensure you have enough diabetes medication for at least one week after the operation or procedure.

If you monitor your blood glucose levels, ensure you have enough blood glucose test strips.

It's a good idea to obtain several cans/bottles of normal sweetened lemonade.

Check your blood glucose levels a minimum of twice a day. Monitor more frequently when fasting or during a period of bowel preparation. Contact your Doctor if your blood glucose levels remain elevated above 14.0mmol/L for more than 24 hours.

On the day of the procedure

Six hours prior to your expected arrival time discontinue eating solid food. You can continue to drink 200 mL clear fluids per hour up until 2 hours prior to your expected arrival time unless you have been advised otherwise by your doctor or diabetes specialist.

Allowable clear fluids include diet cordial, diet lemonade, water, tea or coffee with no milk or sugar (artificial sweetener acceptable).

Do not consume jelly or chewing gum or fluids containing red, blue or purple colouring.

Monitor your blood glucose levels every two hours if you are taking insulin.

Two hours prior to your expected arrival time do not eat or drink (unless necessary to treat low blood glucose levels). Do not take any diabetes tablets, or exenatide, on the morning of surgery but bring these medications with you.

Low blood glucose levels (Hypoglycaemia)

If your blood glucose levels fall below 5 mmol/L drink 200 mL of normal sweetened lemonade (not diet) and recheck blood glucose levels in 15 mins. Repeat as necessary.

Ensure you tell staff when you arrive about the hypo and how you treated it

Patients with unstable diabetes may be admitted to hospital prior to a surgical procedure

What to do with Diabetes Medication

Patients treated with tablets

Two days prior to admission: Cease SGLT2 class medications. Do not take any of the following tablets: **Forxiga (Dapaglifozin), Jardiance (Empaglifozin), Xigduo XR (Dapaglifozin / Metformin), Glyxambi (Empaglifozin / Linagliptin), Jardiamet (Empaglifozin / Metformin) or Qtern (Saxagliptin/ Dapaglifozin).**

Morning of the admission: Do not take any diabetes tablets on the morning of the procedure.

Patients taking non-insulin injectables: Do not take Byetta (Exenatide), Bydureon (Exenatide) or Trulicity (Dulaglutide) on the morning of the procedure.

Patients treated with insulin

Monitor blood glucose levels second hourly. Tell hospital staff as soon as you arrive at hospital that you have diabetes and take insulin.

(Patients having morning surgery)

If you take **Lantus (Glargine), Toujeo (Glargine)** or **Levemir (Detemir)** take your usual dose.

If you take **Protaphane (Isophane), Humulin NPH (Isophane)** take half your usual dose.

Do not take any other insulin, for example **Ryzodeg 70/30 (Degludec/aspart)**, in the morning but bring it with you. You may be given a reduced dose of insulin on arrival and possibly intravenous solution containing glucose to replace your normal food intake.

(Patients having afternoon surgery)

Have a light breakfast and half the normal dose of the following insulins:

Rapid acting insulin e.g. Novorapid (Aspart), Humalog (Lispro) or Apidra (Glulisine).

Intermediate acting insulin e.g. Protaphane (Isophane)

Premixed insulin e.g. Ryzodeg 70/30 (Degludec/aspart), Mixtard 30/70 (Neutral/Isophane), Novomix 30 (Aspart/Protamine), Humalog Mix 25 (Lispro/Protamine), Humalog Mix 50 (Lispro/Protamine).

If you take **Lantus, Levemir** or **Toujeo**, take your usual dose.

What to do After Discharge

You can resume your normal diet and most diabetes medication when you get home.

Do not take the following tablets for **2 days** after minor procedures or **5 days** after major surgery: **Forxiga, Jardiance, Xigduo XR, Glyxambi, Qtern or Jardiamet.** If in doubt seek the advice of your doctor.

Check your blood glucose levels 2 - 4 times a day for at least one week. Remember blood glucose levels may rise due to the stress of the procedure or may indicate infection.

Patients discharged after Day Only Procedures

If you take insulin arrange for an adult family member or a friend to take you home and stay with you until the following day.

If this is not possible it might be necessary to postpone the procedure.

Contact your Doctor or diabetes specialist if:

- You are monitoring and your blood glucose levels rise above 14.0mmol/L for longer than 24 hours, (longer than 8 hours if you have Type 1 Diabetes).
- You notice infection at wound sites. This could be indicated by redness, swelling, discharge, or if you develop a fever.
- You experience vomiting for more than 2 hours.

Contact the hospital if you have any such problems within 24 hours of discharge.

Organise a follow-up appointment with your Doctor / diabetes specialist within one week of the procedure.