

# ***Coming in for surgery when you have diabetes*** (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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It is important that your diabetes is well controlled before your surgery so that you have a positive outcome and to reduce risks of infection.

## **How will my diabetes control be assessed?**

Before surgery you will have a pre-operative assessment and part of this will be to assess your diabetes control by looking at a blood test called the HbA1c. We would encourage you to ask for the result of your most recent HbA1c; acceptable control is a level of 69mmol/mol or less. If your HbA1c is above 69mmol/mol then we would like to work with you to optimise diabetes control before you come into hospital, sometimes this will mean delaying surgery and we will talk to you about that. Urgent surgery will not be delayed if the HbA1c is above range. If you haven't had a recent diabetes blood test (within the last 3 months) this will be taken on the day of your pre-op assessment – we will contact you if this is above 69 and talk about how we will help you to try and improve your diabetes control.

## **If the HbA1c is greater than 69mmol/mol you will be contacted by the diabetes nurses**

If your control is in above the range above you will be contacted by the diabetes nurses. They will ask you some questions and offer you some support to improve control in preparation for surgery. Sometimes this can be done over the phone with you or you may be offered an appointment either at the hospital or with your GP. Occasionally surgery may need to be delayed especially if additional treatments are required to improve the HbA1c.

## **What happens when I come into hospital?**

On admission your blood glucose levels will be monitored. Sometimes a drip is required to keep the blood glucose levels controlled. As soon as you are eating and drinking normally your usual diabetes treatment will be restarted. You will be encouraged to manage your own diabetes as much as possible whilst in hospital; if you are not feeling able to do this the staff will support you. The diabetes inpatient nurse will visit if required.

## **What about when I go home?**

A plan will be made with you and if necessary you will be given a number to contact or you may be advised to contact your GP surgery for advice.

**Diabetes Nurses**  
**01722 425176**

## What should I do with my diabetes medications when coming into hospital?

### Tablets

Tablet name	Day before Surgery	Morning surgery	Afternoon surgery
Acarbose	Take as usual	Do not take	Have morning dose if eating
Repaglinide or Nateglinide	Take as usual	Do not take	Have morning dose if eating
Metformin or Sukkarto	Take as usual	Do not take	Have morning dose if eating
Gliclazide , Glipizide, Glimeperide or Glibenclamide	Take as usual	Do not take	Have morning dose if eating
Pioglitazone	Take as usual	Do not take	Do not take
Sitagliptin, Saxagliptin, Vildagliptin , Alogliptin or Linagliptin	Take as usual	Do not take	Do not take
Dapagliflozin , Canagliflozin or Empagliflozin	Take as usual	Do not take	Do not take

### Injections of GLP1 (These are not insulin)

Exenatide, Liraglutide, Lixisenatide, Dulaglutide, Bydureon	These should not be taken on the day of the operation
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### Insulin \*\*\*

**If you take insulin we advise you to call us for advice. We may need to make some adjustments to the dose the day before and on the day of surgery.**

**Once you know what time you are coming in please call us and together we will make a plan.**

Day Surgery patients will normally receive their date and time by letter. Those coming to the Surgical Admissions Lounge need to call 01722 336262 Ext 2827 at 2pm on the day before surgery to confirm this.

**Diabetes Nurses Tel 01722 425176**

**\*\*\*Please note if you have looked at the advice above and can't find your medications or have any questions please feel free to call the diabetes nurses on 01722 425176.**

Diabetes Nurses  
01722 425176