



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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## ***Patients on diet/tablets having surgery*** (page 1 of 2)

Coming into hospital for an operation can be a worrying time. When people have diabetes this can add to that worry. You may be concerned about how you are going to look after your diabetes leading up to the operation and also during any time spent in hospital afterwards. We would like to try and reduce any concern about your diabetes by offering you help and support from the diabetes team.

### **What should I expect before my operation?**

Before surgery you will have a pre-operative assessment.

At the pre-operative assessment the staff will ask you about many things including your diabetes.

If you have not had an HbA1c blood test for your diabetes in the last three months then this will be checked along with all your other blood tests you have in the clinic.

If an HbA1c result is available on the day which has been taken in the last 3 months then the clinic staff will let you know that result. If the blood test has been taken on the day the clinic staff will look up all the results and will contact you if further action is required.

#### **If your HbA1c is less than 69mmol/ml [8.5%]**

You should carry on with your usual diabetes medication leading up to your operation.

However, if you have questions about your diabetes we would encourage you to contact the diabetes nurses for advice leading up to your admission to hospital. We would particularly encourage you to do this if you have had problems with low blood sugars or other symptoms which may be due to your diabetes (feeling thirsty, passing water more than normal, getting up at night to pass water or tiredness). The number to ring to speak to them is 01722 336262 extension 2176. When phoning you will almost certainly get an answer phone message – if you simply leave your name and contact number and reason for ringing the nurse will then contact you back.

#### **If your HbA1c is more than 69mmol/ml [8.5%]**

We would like to work with you to improve the control of your diabetes before your operation. This will be important in making sure that you recover from your operation as quickly as possible.

**Diabetes Care Team**

**Tel: 01722 336262 ext. 2176**

The clinic staff will let you know the result and also tell the diabetes nurses. The diabetes nurses will then be in touch with you. You should get a phone call from them within three working days. If you have not heard from them by that time please call the diabetes nurses. The number to ring is 01722 336262 extension 2176. You will almost certainly get an answer phone message – if you leave your name and contact number and reason for ringing, the nurse will then call you back to talk things through.

When the diabetes nurse contacts you, they will talk about your current diabetes treatment and how they can help you improve your blood sugars. It may be possible to do this with advice given over the telephone but it is more likely that the diabetes nurse may ask you to come to the hospital to be seen. They will make an appointment for you to be seen at a time that suits you.

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

If you are on tablets for your diabetes do not take these on the morning of surgery. These can be re-started after your operation once you are eating and drinking.

On the day of your operation the doctors and nurses may set up a drip to help with the management of your diabetes, although this is not always necessary. As soon as you are able to eat and drink this drip will be taken down and you will be returned to your usual drug regime.

As much as possible you will be encouraged to manage your diabetes yourself whilst you are in hospital. The nurses on the ward will discuss this with you.

Sometimes when people are not feeling well after an operation they do not want to continue to do their own monitoring and injections and that is fine. During that time the staff can help you.

One of the diabetes nurses helps to look after all people with diabetes who are in the hospital. This nurse visits the wards every day and if you are having any problems they and the rest of the diabetes team will be available for help and advice.

The ward staff will contact the team if they are concerned – also if you have anything you are worried about with your diabetes then ask the ward staff and if they cannot answer your questions they will contact the diabetes team.

### **What about when I am discharged?**

After you go home you may be less mobile than usual and your eating may be a bit different. Both these things may have an effect on your blood sugars. If you find you are having problems with control of the sugars after you go home we again encourage you to get in touch with the diabetes nurses on 01772 336262 ext. 2176.

We hope that the support and advice we can give will help reduce the stress of coming into hospital and particularly any worries you have about your diabetes. We are very interested in hearing about your experiences, both good and bad, as we are always looking to improve our service.

Diabetes Care Team

Tel: 01722 336262 ext. 2176