



If you need this 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.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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 Insulin having surgery

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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.

We will give you the opportunity to talk through your diabetes with one of the diabetes nurses.

The pre-operative clinic staff will ask you for your contact details so the diabetes nurses will be able to contact you to talk about your blood sugars.

The clinic staff will give the diabetes nurses your details and the diabetes nurses will then be in touch with you. You should get a phone call from them within three working days of your pre-assessment. If you have not heard from them by that time we would encourage you to ring in to talk through things. 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.

As your operation approaches it is important to make sure that your blood sugars are as good as they can be and the diabetes nurse will be able to help you with that. They will also be able to give you individual advice about what to do with your insulin in the 24 hours before coming into hospital.

## What about when I come into hospital?

**If you are coming in to the day surgery unit** you will receive a letter three weeks before your operation giving details of the date and time of surgery. Please then telephone the diabetes nurses with this information

**Diabetes Care Team**

**Tel: 01722 336262 ext. 2176**

so that they can give you final advice on what to do with your insulin. Again the number to phone is 01722 336262 extension 2176.

**If you are coming in to hospital to have your operation** you will be asked to ring the Surgical Admissions Lounge on 01722 336262 extension 2827 at 14.00 the day before your surgery to confirm the time of your admission (your surgery will be an hour or two after your admission). Once you have made that telephone call it is important to telephone the diabetes nurses for final advice on what to do with your insulin. Again the number to phone is 01722 336262 extension 2176.

When you come into hospital please bring everything you need to manage your diabetes (insulin, needles, injection device, lancets and meter with strips to test your blood sugar).

On the day of the operation the doctors and nurses may well set up a drip to help with the management of your diabetes while you are not eating and drinking. As soon as you are able to eat and drink, if you have been on an insulin drip this will be taken down and you will be returned to your usual insulin 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. The diabetes 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.

## **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 controlling the sugars after you go home, we again encourage you to get in touch with the diabetes nurses on 01722 336262 extension 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.