



**The Leeds  
Teaching Hospitals**  
NHS Trust

# Information for patients with diabetes undergoing surgery

This leaflet aims to give you information on how to manage your diabetes medication when coming into hospital for an operation.

**Please follow the instructions in the tables on pages 4-11**

*If your operation is in the morning:*

- Do not eat any food after midnight.
- Drink water only up to 6am.

*If your operation is in the afternoon:*

- Eat breakfast before 7am and take no food after this time.
- Drink water only up to 10am.
- When you travel to and from the hospital for your operation carry some glucose tablets or a sugary drink.

### **Before your admission to hospital**

If you have any symptoms of a low blood glucose (some people may also know this as blood sugar, these two terms mean the same) such as sweating, dizziness, blurred vision or shaking please test your blood glucose if you are able to do so. If it is less than 4mmol/L take four glucose tablets or 150mls of the sugary drink (this is the same as half a standard sized can of non-diet cola). Please tell staff at the hospital that you have done this.

### **During your stay on the admissions lounge**

If you have any symptoms of a low blood glucose such as sweating, dizziness, blurred vision or shaking please test your blood glucose if you are able to do so. If your blood glucose is less than 4mmol/L please alert staff on the admissions lounge immediately.

### **After your operation**

After your operation you will be offered food and drink when you feel able to eat. Once you are eating and drinking normally you should resume taking your normal tablets. However, your blood glucose levels may be higher than usual for a day or so.

If you have any concerns about your diabetes care/control of your blood glucose either before or after your operation please contact your usual diabetes team.

*If you are in the Leeds area, or are unable to contact your usual team please contact:*

### **The Leeds Teaching Hospitals Diabetes Helpline**

Tel: **0113 206 5068** during office hours Monday - Friday. Outside these hours please contact your GP practice or out of hours service.

*Remember to bring the following with you to hospital:*

- Blood glucose testing equipment (if you usually monitor your blood glucose).
- The tablets/injections you usually take for your diabetes.
- Instructions for taking your diabetes medication before your operation.

Tablets			
Tablets	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Acarbose</b>	Take as normal	<b>Do not</b> take your morning dose	If eating breakfast - take your morning dose. <b>Do not</b> take your lunchtime dose
<b>DPP-IV inhibitors</b> <i>These include;</i> Alogliptin, Linagliptin, Sitagliptin, Saxagliptin, Vildagliptin	Take as normal	Take as normal	Take as normal
<b>Meglitinide</b> <b>Nateglinide</b> <b>Repaglinide</b>	Take as normal	If you have been told to fast from midnight <b>do not</b> take your morning dose	Only take your morning dose if eating breakfast. <b>Do not</b> take your lunchtime dose.
<b>Metformin</b>	Take as normal	Take as normal	Take as usual in the morning but <b>do not</b> take your lunchtime dose

Tablets	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Pioglitazone</b>	Take as normal	Take as normal	Take as normal
<b>SGLT2 inhibitors</b> <i>These include;</i> Canagliflozin, Dapagliflozin, Empagliflozin, Ertugliflozin, Vokanamet®, Xigduo®	<b>Do not</b> take your tablets	<b>Do not</b> take your tablets	<b>Do not</b> take your tablets
<b>Sulphonylureas</b> <i>These include;</i> Glibenclamide, Gliclazide, Gliclazide MR, Glipizide, Glimepiride, Tolbutamide	Take as normal	If you have been told to fast from midnight <b>do not</b> take your morning dose	<b>Do not</b> take your tablets

Injections			
Injections	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>GLP-1 analogues</b>			
<i>These include;</i> Byetta®, Exenatide, Liraglutide, Lixisenatide, Semaglutide, Victoza®	Take as normal	Take as normal	Take as normal
<b>Intermediate and long acting Insulin</b>			
<i>These include;</i> Abasaglar, Humulin I, Lantus, Insulatard, Insuman basal, Levemir, Semglee, Suliqua, Toujeo, Tresiba, Xultophy			
If you inject <b>once a day on a MORNING</b>	Give 80% of your usual dose at the usual time you inject ..... units	Give 80% of your usual dose in the morning before surgery .....units	
If you inject <b>once a day on an EVENING</b>		Give full dose (usual dose) of insulin after your surgery once eating and drinking	
If you inject <b>once a day at lunchtime</b>	<b>Morning surgery</b> Give full dose after surgery if eating and drinking) <b>Afternoon surgery</b> give 80% of your usual dose before surgery)		

Injections Cont.	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
If you inject <b>twice a day</b>	Give 80% of your usual dose at the usual time you inject ..... units	Give 80% of your usual dose in the morning before surgery ..... units	Take your full (usual) dose after your surgery once eating and drinking
<b>Twice daily injections of pre-mixed insulin</b>			
<i>These include;</i> Humalog Mix 25, Humalog Mix 50, Humulin M3, Hypurin porcine 30/70mix, Insuman comb 15, Insuman Comb 25, Insuman Comb 50, Novomix 30	Take as normal	Give 50% of your usual dose in the morning before surgery ..... units	Take your full (usual) dose after your surgery once eating and drinking  If eating half/a small meal after your surgery inject only 50% of your usual dose, then resume full dose (your usual dose) when eating a normal meal

Injections Cont.	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Three times a day injections of pre-mixed insulin</b>			
<p><b>These include:</b> Humalog Mix 25, Humalog Mix 50, Humulin M3, Hypurin porcine 30/70mix, Insuman Comb 25, Insuman Comb 50, Insuman Comb 15, Novomix 30</p>	Take as normal	<p>Give 50% of your usual dose in the morning before surgery .....units</p> <p><b>DO NOT TAKE A LUNCHTIME DOSE</b></p> <p>Take your full (usual) dose after your surgery once eating and drinking</p> <p>If eating half/a small meal inject only 50% of your usual dose, then resume your full dose (your usual dose) when eating a normal meal</p>	<p>Take your usual morning dose.</p> <p><b>DO NOT TAKE A LUNCHTIME DOSE</b></p> <p>Take your full (usual) dose after your surgery once eating and drinking.</p> <p>If eating half/a small meal inject only 50% of your usual dose, then resume your full dose (your usual dose) when eating a normal meal</p>

Injections Cont.	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Twice daily (separate) injections of a rapid acting insulin AND an intermediate acting insulin</b>			
<p><b>These include:</b> <b>Short acting insulin:</b> Actrapid, Apidra, Fiasp, Hypurin Porcine Neutral, Humulin R, Humulin S, Humalog, Insuman Infusat, Insuman rapid, Novorapid.</p> <p><b>Intermediate acting insulin:</b> Humulin I, Hypurin Porcine, Isophane insulin, Insulatard, Insuman basal</p>	Take as normal	<p>Give 80% of your morning intermediate acting insulin only</p> <p>.....units</p> <p>Take your full (usual) dose after your surgery once eating and drinking.</p> <p>If eating half/a small meal inject only 50% of your usual dose, then resume your full dose (your usual dose) when eating a normal meal.</p> <p>If not eating, give the intermediate acting insulin only</p>	

Injections Cont.	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Basal bolus regimen</b>			
This includes three or more injections of rapid acting insulin with one or two injections of intermediate/ long acting insulin as part of a basal bolus regimen	Take as normal	<p>Do not take your morning or lunchtime dose of rapid acting insulin.</p> <p>If intermediate/ long acting insulin taken on a morning give 80% of your usual dose</p> <p>.....units</p> <p>After your surgery resume your usual evening rapid acting insulin if eating a normal meal. If eating half/ a small meal inject 50% of your usual dose of rapid acting insulin</p>	<p>Take your usual morning dose.</p> <p><b>DO NOT TAKE A LUNCHTIME DOSE</b></p> <p>Take your full (usual) dose after your surgery once eating and drinking.</p> <p>If eating half/a small meal inject only 50% of your usual dose, then resume your full dose (your usual dose) when eating a normal meal</p>

Injections Cont.	Day before your surgery	Day of surgery	
		Morning surgery	Afternoon surgery
<b>Continuous subcutaneous insulin infusion (insulin pump)</b>			
Continuous subcutaneous insulin infusion (insulin pump)	If usual morning blood glucose is <b>below 6mmol/litre</b> reduce your basal infusion rate to 80% at bedtime from the evening before your surgery	If morning blood glucose is below 6mmol/litre, reduce basal infusion rate to 80% on waking up	



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