



Pre-Operative Assessment

Patients with Diabetes, on Tablets or Non-Insulin Injections, Undergoing Surgery

You are due to have an operation which will mean that you will be asked to omit at least one meal. This leaflet gives advice about what you should do about your diabetes treatment before and after the surgery.

Before your operation, please follow the instructions below.

If your operation is in the morning:

- Do not take any food or drink other than water from 6 hours before the time you are asked to come to hospital.
- You may drink water until 2 hours before you come to hospital.

If your operation is in the afternoon:

- Eat breakfast before 7.00am and take no food or drink other than water after this time.
- You may drink water until 2 hours before you come to hospital.

If you are on tablets like **Gliclazide, Glipizide, Glibenclamide, Glimepiride**, you may have a blood glucose meter. These tablets may increase the chances of a low blood glucose or hypoglycaemia episode when the blood glucose falls below 4mmol/L.

- Please check your blood glucose at 6am if your operation is in the morning, or before breakfast if your operation is in the afternoon. If you are driving, check your blood glucose before starting the car and drive only if your blood glucose is more than 5mmol/l.
- Please inform staff at the hospital if you have needed to take any hypo treatment because it is possible that your surgery may have to be rearranged for another day.

For further information on how to treat hypoglycaemia or low blood glucose levels less than 4mmol/L please visit the website below:

https://trenddiabetes.online/wp-content/uploads/2022/03/A5_Hypo_TREND.pdf

Things to bring with you to hospital:

- Hypo treatments (glucose drink, tablets or jelly babies) if you are on tablets like Gliclazide, Glimepiride, Glibenclamide, Glimepiride.
- Blood glucose testing equipment if you usually test.
- Your usual medications.

During your operation

- If you are likely to miss more than one meal, or if your blood glucose is high at the time of the operation, you may be given an intravenous insulin infusion (a combination of insulin and fluid given into a vein).
- This will be continued until you are ready to eat and drink.

After your operation

- It is not uncommon to experience changes in blood glucose levels after your operation. Your blood glucose will be monitored after the operation and additional insulin given if necessary. The glucose targets may change for safety reasons.
- 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 restart your normal insulin from that meal onwards. Your blood glucose levels may be higher than usual for a day or so.

At home

- Continue taking your usual medication as advised by your healthcare team.
- If you normally have a blood glucose meter, monitor your blood glucose levels more often as this may be higher than usual for a day or so. This is not a problem unless you are feeling unwell.
- If you feel unwell, especially if you are vomiting and unable to eat or take medication, please seek medical attention.
- For more information on what to do when you are ill, please visit the website below:

[A5 T2Illness TREND.pdf \(trenddiabetes.online\)](#)

- Contact your usual diabetes team/GP surgery or local out-of-hours service for advice. If you usually attend the hospital for diabetes care, please telephone the Diabetes Team on (01305) 255342.

What to do with your medications before surgery

Name of medication	Day prior to surgery	Day of surgery	
		If your operation is in the morning	If your operation is in the afternoon
Acarbose	Take as normal	Omit the morning dose	Take the usual morning dose with breakfast
Repaglinide Nateglinide	Take as normal	Omit the morning dose	Take the usual morning dose with breakfast
Metformin	Take as normal	If taken once or twice a day – take as normal If taken three times per day, omit the lunchtime dose	If taken once or twice a day – take as normal If taken three times per day, omit the lunchtime dose
Glibenclamide, Gliclazide, Glipizide, Glimepiride	Take as normal	If taken once daily in the morning – omit the dose that day If taken twice daily – omit the morning dose that day	If taken once daily in the morning – omit the dose that day If taken twice daily – omit both doses that day
Pioglitazone	Take as normal	Take as normal	Take as normal
Sitagliptin, Vildagliptin, Saxagliptin, Alogliptin, Linagliptin	Take as normal	Take as normal	Take as normal
GLP1 Injections Exenatide (Byetta®, Bydureon®) Liraglutide (Victoza®), Lixisenatide (Lyxumia®), Dulaglutide (Trulicity®), Semaglutide (Ozempic®). GLP1 Tablet Semaglutide (Rybelsus®)	Take as normal	Take as normal	Take as normal
Canagliflozin, Dapagliflozin, Empagliflozin, Ertugliflozin	Omit	Omit on day of surgery	Omit on day of surgery

Other information

Dorset County Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site. This includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0300 123 1044, your local pharmacy or email: hello@livewelldorset.co.uk.

Car parking at Dorset County General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact the Patient Advice & Liaison Service (PALS) on (01305) 254964, FREEPHONE 0800 7838058 or email: pals@dchft.nhs.uk.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Pre-operative Assessment Department: 01305 254222

Diabetes Nurse Specialist: 01305 255342

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email

pals@dchft.nhs.uk



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