



Queen Victoria Hospital
NHS Foundation Trust

For people with diabetes
undergoing surgery or procedures
requiring a period of fasting



Before your operation or procedure

You will normally have your blood sugar checked on admission.

If your operation or procedure is in the morning:

- Do not eat any food after midnight
- Drink clear fluids such as black tea or coffee, sugar-free squash or water up to 6am.

If your operation is in the afternoon:

- Eat breakfast before 7am and do not consume any food after this time
- Drink clear fluids such as black tea or coffee, sugar-free squash or water up to 11am
- When you travel to and from the hospital for your operation carry some glucose tablets or a sugary drink with you.

Please follow the instructions in this leaflet about how to take your insulin/diabetes medication the day before and the day of your procedure. You may need to refer to more than one table depending on your medication. It is important that you follow this carefully or it may affect you being able to have your surgery.

To be completed by assessing nurse (for hospital use only)

Surgical procedure.....

Date HbA1c taken.....

Signs and symptoms of low blood sugar level and how to manage it

Starving before a procedure increases your risk of a low blood sugar level. However, this risk is minimal if the instructions in this leaflet are followed carefully.

Symptoms of a low blood sugar include:

- Sweating
- Dizziness
- Blurred vision
- Shaking.

Check your blood sugar if you are able to do so. If it is less than 6mmol/L take four glucose tablets or 150mls of a sugary drink (this is the same as half a standard sized can of a carbonated drink. Please tell staff at the hospital that you have done this because it is possible that your surgery may have to be rearranged for another day.

Remember to bring with you to hospital

- All your diabetes medications including syringes/needles/pumps
- Glucose tablets/sugary drink.

Please remember that the DVLA states your blood sugar level must be 5mmol/l or above to drive.

After your operation or procedure

After your operation or procedure your blood sugar will be checked regularly.

You will be offered food and drink when you are awake and it is safe to do so.

Take your usual diabetes medication with the next normal meal. Your blood glucose levels may be higher than usual for a day or so – this is expected.

When you get home, if you feel nauseated or vomit and are unable to eat, please refer to your sick day rules leaflet. You can ask your GP for this.

If you do not improve quickly, please contact your usual diabetes team, GP practice or out of hours service.

Further questions

For any further information, please contact the hospital pharmacy:

Patient medication helpline - Tel: 01342 414215

Monday to Friday - 9am to 5.30pm

Alternatively, once you have left this hospital, contact your local pharmacist or your GP who will be able to advise you.

This information has been taken from the 'Management of adults with diabetes undergoing surgery and elective procedures: improving standards' – Joint British Diabetes Societies for inpatient stay, March 2016

Appendix 1

What to do with your insulin or insulin and tablets before surgery

If you take tablets for your diabetes as well as insulin please read the separate table on what to do with your tablets before a procedure

Insulins	Day before going into hospital	On the day of surgery	
		If your surgery is in the morning	If your surgery is in the afternoon
Continuous insulin infusion pump	Continue as normal	Continue as normal. You will be advised of any changes needed before your procedure.	Continue as normal. You will be advised of any changes needed before your procedure.
Once daily (evening) (e.g. Lantus® or Levemir Insulatard® or Humulin I® Tresiba®, Toujeo®)	Take 80% (4/5th) of dose	Resume normal insulin dose in the evening if eating and drinking.	Resume normal insulin dose in the evening if eating and drinking.
Once daily (morning) (e.g. Lantus® or Levemir Insulatard® or Humulin I® Tresiba®, Toujeo®)	Take 80% (4/5th) of dose	Take 80% (4/5th) of dose	Take 80% (4/5th) of dose
Twice daily (e.g. Novomix 30®, Humulin M3®, Humalog Mix 25®, Humalog Mix 50®) Or TWICE daily Levemir®, Lantus®, Absagalar®	No dose change	Take 50% (half) of your normal dose. Resume your normal regime with your evening meal unless advised otherwise.	Take 50% (half) of your normal morning dose. Resume your normal regime with your evening meal unless advised otherwise.
Insulin 3, 4, or 5 injections a day 'Basal Bolus regime' such as 3 mealtime injections of SHORT acting insulin and a long acting background insulin once or twice a day	No dose change	Do not take the morning and lunchtime doses of your short acting insulin. But if you take your long acting insulin in the morning reduce your dose by 20% (1/5 th).	Take your usual morning insulins as normal. Do not take your lunchtime dose of short acting insulin. Resume your normal regime in the evening if eating and drinking.
Insulin 3, 4, or 5 injections a day Mixed insulin 3 times a day (e.g/ Novomix 30, Humalog Mix 25 or 50, Humulin M3, Insuman Comb 15, 25 or 50)	No dose change	Take 50% (half) of your morning dose. Omit your lunchtime dose. Resume normal regime when eating again after procedure.	Take your normal morning dose. Do not take lunchtime dose. Resume normal regime when eating again after procedure.

Remember your blood glucose may be higher than usual for a day or so after surgery.

What to do with your tablets before surgery

Tablets	Day before going into hospital	On the day of surgery	
		If your surgery is in the morning	If your surgery is in the afternoon
Acarbose	Take as normal	Do not take your morning dose if you have been told to fast from midnight. Re-start when the next dose is due once you are eating and drinking.	Take your morning dose, if eating breakfast. Do not take your lunchtime dose. Re-start when the next dose is due once eating and drinking.
Meglitinides (repaglinide or nateglinide)	Take as normal	Do not take your morning dose if you have been told to fast from midnight. Re-start when next dose is due once you are eating and drinking.	Take your morning dose when eating breakfast. Do not take your lunchtime dose. Re-start when next dose is due once you are eating and drinking.
Metformin If you are due to have contrast media this may need to be stopped on the day of the procedure and not taken for a further 48 hours (your doctor should tell you this in advance)	Take as normal	If taken once or twice a day - take as normal. If taken three times a day - miss out your lunchtime dose only.	If taken once or twice a day - take as normal. If taken three times a day - miss out your lunchtime dose only.
Sulphonylureas (glibenclamide, glipizide, gliclazide/gliclazide MR, gliimepiride, gliquidone)	Take as normal	If taken once or twice a day – omit (miss out) the morning dose.	If taken once a day in the morning –miss out this dose. If taken twice a day – miss out both doses.
Thiazolidinediones (Pioglitazone) including in combination with metformin	Take as normal	Take as normal	Take as normal
DPP-IV inhibitors (sitagliptin, saxagliptin, vildagliptin) including in combination with metformin	Take as normal	Take as normal	Take as normal
GLP-1 analogue injections e.g. Byetta® (Exanatide) Victoza® (Liraglutide) Lyxumia®(Lixisenatide)	Take as normal	Take as normal	Take as normal

<p>Combination product Liaglutide and Insulin Degludec (Xultophy®)</p>	<p>Take 80% (4/5th) of dose</p>	<p>If due in the morning take 80% (4/5th) of the dose. If due in the evening, resume normal dose in the evening if eating and drinking.</p>	<p>If due in the morning take 80% (4/5th) of the dose. If the dose is due in the evening resume normal dose in the evening if eating and drinking.</p>
<p>SGLT2 inhibitors e.g. dapagliflozin, canagliflozin, empagliflozin</p>	<p>Take as normal</p>	<p>Miss out on the day of surgery. Re-start when the next dose is due once you are eating and drinking and not dehydrated.</p>	<p>Miss out on the day of surgery. Re-start when the next dose is due once you are eating and drinking and not dehydrated.</p>

Remember your blood glucose may be higher than usual for a day or so after surgery.

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please visit www.supportqvh.org



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Approved by the Patient Information Group
Issue 1 - ref: 0388
Print May 2023 – Review May 2026

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