

Patients with diet, tablet or GLP - 1 controlled diabetes mellitus (who do not take insulin) undergoing surgical procedures

Aintree University Hospital 

NHS Foundation Trust

Anaesthesia and Diabetes
Department
Lower Lane
Liverpool L9 7AL
Tel:0151-525-5980

Many procedures require that you fast for several hours beforehand. This is sometimes related to the procedure itself or it is required so that you can have a general anaesthetic.

This leaflet is to give you advice on how your diabetes will be managed for the procedure, and is designed for patients who are not on Insulin. If you take insulin- please let the team looking after you know immediately.

For patients having their procedure in the morning

The day before the procedure

1. Eat and drink as you would do normally on the day before the procedure, unless advised otherwise.
2. Take all your normal diabetes medication the day before the procedure.
3. Do not eat or drink anything after midnight.

The day of the procedure

4. Do not have your breakfast or eat or drink anything else. Do not take any of your diabetes medication.
5. Come to hospital, bringing all your normal medication with you. The surgical team will check your blood glucose.

Occasionally, if it is high they may start an insulin drip.

Otherwise they will monitor your blood glucose every hour until the procedure is over.

After the procedure

Once you are eating and drinking as normal, you can start to take all your normal medication again.

For patients having their procedure in the afternoon

The day before the procedure.

1. Eat and drink as you would do normally on the day before the procedure, unless advised otherwise.
2. Take all your normal diabetes medication the day before the procedure.

The day of the procedure

3. Have a light breakfast.
4. Do not eat or drink anything else. Do not take any of your diabetes medication.
5. Come to hospital, bringing all your normal medication with you. The surgical team will check your blood glucose.

Occasionally, if it is high they may start an insulin drip.

Otherwise they will monitor your blood glucose every hour until the procedure is over.

After the procedure

Once you are eating and drinking as normal, you can start to take all your normal medication again

My Normal daily Diabetes medication	
The diabetes medication I need to take the day before the procedure	
The diabetes medication I need to take the day I have my procedure	
Once I have had my procedure, I can go back onto my normal medication as soon as I am eating and drinking	



If you require a special edition of this leaflet

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Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk