

Managing your Diabetes before Surgery



Before having surgery, whether under general anaesthesia (“going to sleep”) or with “sedation” you must “fast” (that is, limit food and liquid intake for a period of time beforehand).

You should have no solid foods or non-clear liquids for at least six hours before surgery. You can have very specific clear fluids such as water, lemonade, clear apple juice or clear sports drinks up to two hours before surgery. Drink some of this if you are worried your blood sugar is too low.

Fasting means adjustment needs to be made to your diabetes medications. This is mostly based on when during the day you will have surgery

Surgery in the Morning

If you have surgery in the morning, we will try to schedule it as early as possible - typically around 730am-830am. This means you will be able to have breakfast not long after, and close to your normal breakfast time.

- Don't eat any solid foods or non-clear liquids after midnight.
- Night before Surgery:** take all your usual medicines, including your normal dose of insulin - don't reduce this.
- Morning of Day of Surgery:** DO NOT take any diabetes tablets. DO NOT take any insulin. Take all your other usual medicines in the morning with a sip of water.
- Bring all your medicines and insulin to hospital with you.

Surgery in the afternoon

If you have surgery in the afternoon, we will try to schedule it as early as possible after lunch - typically around 130pm-2pm.

- Night before surgery:** Take all of your usual medicines, including your normal dose of insulin - don't reduce this.
- Day of Surgery:** Take all of your usual medicines in the morning and your normal dose of insulin.
- Have breakfast around 7am - don't eat any solid foods or non-clear liquids after 730am - if your sugar is low, take clear liquids as mentioned above.
- Bring all your medicines and insulin to hospital with you.

We will check your blood sugar on arriving at the hospital. You will have something to eat soon after surgery is finished, and a dose of insulin at that time. Please contact my rooms on 9553-1566 if you are uncertain what to do.

