

Having a Minor Surgical Procedure Advice for Patients with Diabetes

A SURGICAL PROCEDURE IS CONSIDERED MINOR WHEN A PERSON CAN EAT WITHIN 6 HOURS OF THE PROCEDURE.

Ask to be first on the morning list.

If you are on diabetes tablets such as:-

Metformin (Diabex[®], Glucophage[®] or Diaformin[®])

- Do not take the tablet on the morning of the procedure.

Gliclazide (Diamicon[®], Glyade[®], Nidem[®]), Glipizide (Melizide[®], Minidiab[®]), Glibenclamide (Daonil[®], Euglucon[®], Glimel[®], Glucovance[®]) or Glimepiride (Amaryl[®], Aylide[®], Dimirel[®]):-

- Do not take the tablet on the day prior to the procedure nor on the day of the procedure.

Acarbose (Glucobay[®]), Repaglinide (Novonorm[®]) or Rosiglitazone (Avandia[®], Avandamet[®]) or Pioglitazone (Actos[®]), Exenatide (Byetta[®]), Sitagliptin (Juvena[®]):-

- Do not take the tablet/injection on the morning of the procedure.

Restart all tablets when able to eat after the procedure.

If you are on long-acting Insulin (once or twice daily):-

Glargine (Lantus[®]), Detemir (Levemir[®]), Protophane[®]

- Continue taking your insulin.
- Check your blood sugar on the morning of the procedure. If it is less than 5 mmol/l, take 50 mls of regular lemonade.
- Recheck your blood sugar if you feel symptoms of hypoglycaemia.

If you are on twice daily pre-mixed insulin:-

Novomix 30[®], Mixtard 30/70[®], Humalog Mix 25[®]

- Omit insulin on the morning of the procedure.
- Once the procedure has been completed and you are allowed to eat, take half of your usual morning insulin dose with food unless the evening meal is due within the next 2 hours.
- Resume your insulin regimen at the next meal.

If you are on basal bolus insulin regimen (once daily long-acting insulin with mealtime insulin):-

Mealtime insulin - Novorapid[®], Humalog[®], Actrapid[®]

- Continue your long-acting (basal) insulin as usual.
- Omit your mealtime insulin on the morning of the procedure.
- Once the procedure has been completed and you are allowed to eat, take your usual mealtime insulin with food.
- Resume your insulin regimen at the next meal.

Possibility of hypoglycaemia (low blood sugar)

It is possible that while you are waiting for the procedure, you may have a hypoglycaemic event. It is therefore, advisable to bring along some regular lemonade to correct your hypoglycaemia. Lemonade is considered suitable for correction of hypoglycaemia whilst waiting for the procedure.

Please bring along all your medication on the day of your operation.

If you have any questions or concerns regarding the care of your diabetes, please contact the Diabetes Education Centre – 08 8182 9296 or your Doctor.



Nunyara House, Specialist Medical Centre
43 Adelaide Road,
Gawler South SA 5118

Telephone: 85222899 Fax: 85233659