

Information for Patients

Pre-Operative Information for Adult Patients with Diabetes



Preparing for an Operation - Controlling Your Blood Sugar

Diabetes can affect how your body heals after an operation. It is important to have the best possible control of your diabetes before your operation. This will give you the best outcome and quicker recovery from your operation.

Poor control of diabetes is known to increase the risk of poor wound healing and infections which can cause delay in recovery. Before your operation

- You will need a HbA1c blood test which shows how well your diabetes is controlled over the previous 3 months.
- HbA1c levels below 69 mmol/mol are considered safe for planned surgery.
- Your HbA1c levels will be tested at the pre-operative assessment. The pre-operative assessment nurses will give you advice on the result.
- If your HbA1c is higher than 69 mmol/mol, your operation may have to be postponed until it is improved and within the ideal range.
- Patients having bariatric surgery are generally excluded from the target criteria for HbA1c and the advice is given by the Bariatric team to the individual patient.
- If you require community diabetic support in respect of insulin/medicine/dietary adjustments you will be referred via the preoperative department.
- If your diabetic control needs to be improved, you will be referred to the hospital's Rapid Access Diabetes clinic by the Pre-operative assessment department. The diabetic department will assess your medicines and help with any changes needed to improve your blood glucose level.

Day of Your Operation

- Please follow the fasting instructions and the medicine advice given to you by the booking team and the Pre-operative

Assessment department.

- You must not have any solid food 6 hours before your surgery. You may only have water up to 2 hours before. Please follow this advice. At other times, you may eat and drink as normal.
- Please bring your routine medicines and insulin into hospital with you, as well as your blood glucose testing meter.
- On the day of your operation, if you have any symptoms of low blood glucose such as sweating, dizziness, shaking or blurred vision please test your blood glucose level. If less than 4 mmol/L then please take your usual treatment for hypoglycaemia. Please tell the staff at the hospital that you have done so.

Advice after leaving the hospital

- Take your insulin or oral anti diabetes medicines
- Please monitor your blood glucose level more frequently for the 24 hours post procedure. You should also test more frequently if you are unwell, feel sick or have been sick (vomited). Your blood glucose level may be higher or lower than usual for a few days.
- If you are feeling unwell, vomiting or unable to take food or medicines, please contact your usual diabetes team /GP surgery or local out of hours service for advice. Please ensure you inform them of your recent surgery.

Further information is available from:



Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. <https://www.sath.nhs.uk/patients-visitors/feedback/>

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile)

www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or 01743 261000 ext. 2503.

Website: www.sath.nhs.uk

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