



IMPRINT PATIENT IDENTIFICATION HERE

## Pre-operative Instructions for Patients with Diabetes

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

### General Instructions:

- If you have a blood glucose meter at home, test your blood sugar (glucose) when you wake up on the morning of surgery and every 4 hours until you arrive at the hospital.
- If you have a low blood glucose during the time you are fasting, drink 4 ounces (1/2 cup) of a clear sugar-containing beverage such as apple juice or ginger ale (**not** the diet type). It is very important to inform the surgical staff about this when you arrive.
- If you take insulin, bring your insulin vial or insulin pen to the hospital.
- Please describe any special instructions you have received from your Diabetes Care Provider for this surgery:

**Instructions for adjusting your diabetes medications for surgery:** *(If you have received different instructions from your Diabetes Care Provider, please discuss them with the nurse providing your pre-operative instructions)*

### One day before surgery:

- While still eating a normal diet, take all your usual diabetes medications including insulin up to and including doses taken with supper
- If you take Lantus, NPH or Levemir (detemir) insulin at bedtime: take ½ your usual bedtime dose (Exception: If you take Lantus insulin two times daily, take the full bedtime dose)

### On the morning of surgery:

- Do not take any oral diabetes medications (pills); do not take Byetta or Symlin injections
- If you take Lantus insulin in the morning, take 1/2 your usual dose
- If you are told to arrive at the hospital **at 10:00 AM or before:** Do not take any morning doses of insulin (other than Lantus as described above)
- If you are told to arrive at the hospital **after 10:00 AM :** Take ½ your usual **morning** dose of NPH or Levemir insulin (If you take pre-mixed insulin [HumaLIN 70/30; HumaLOG 75/25; or Novolog 70/30], do not take it at home, but bring the insulin vial or insulin pen with you. You will receive a portion of your insulin after you arrive at the hospital.)

### If you are on an insulin pump:

- Change your insertion site and reservoir **the day before surgery** and bring extra supplies with you (insertion set, reservoir, extra batteries)
- For surgery involving your abdominal area, place the pump catheter in a site other than your abdomen (such as arm, hip or thigh).
- Continue your usual basal rates or adjust them according to your Diabetes Care Provider's instructions
- Remind the surgical staff that you are wearing an insulin pump when you arrive

<b>Longer Acting Insulin:</b>	<b>Mixed Insulin:</b>	<b>Short Acting Insulin:</b>
Lantus (glargine)	Humulin 70/30	Humulin R
Humulin N or Novolin N (NPH)	Novolin 70/30	HumaLOG
Levemir (detemir)	HumaLog Mix 75/25	NovoLOG
	NovoLog Mix 70/30	Apidra (glulisine)

RN Signature: \_\_\_\_\_ Date: \_\_\_\_\_