



The States of Jersey Department for
Health & Social Services

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The States of Jersey Department for
Health & Social Services

Patient Information

Tablet controlled Diabetes and surgery

This leaflet is for people with Diabetes controlled with tablets or by injections of GLP-1 agonists—Byetta® (exenatide) or Victoza®(liraglutide)

Surgical Pre-assessment Clinic and
Department of Metabolic Medicine
Jersey General Hospital

Before your operation or procedure

Please follow the instructions on the table marked “What to do with your medication before surgery”

If your operation is in the morning:

- Do not eat any food after midnight
- Drink clear fluids such as black tea or coffee, sugar free squash or water up to 6 am.

If your operation is in the afternoon:

- Eat breakfast before 7 am and take no food after this time
- Drink clear fluids such as black tea or coffee, sugar free squash or water up to 10 am
- When you travel to and from the hospital for your operation carry some glucose tablets or a sugary drink (eg Full strength cola or original Lucozade).

If you have any symptoms of a low blood sugar such as sweating, dizziness, blurred vision or shaking please test your blood sugar if you are able to do so.

If it is less than 4 mmol/L take 4 glucose tablets or 150 mls of a sugary drink (this is the same as half a standard sized can). Please tell staff at the hospital that you have done this because your surgery may have to be rearranged for another day.

Medicine before your operation

Day of surgery	
If your surgery is in the morning	If your surgery is in the afternoon
Omit morning dose if you have been told to fast from midnight.	Take your morning dose if eating breakfast. Do not take your lunchtime dose.
Omit morning dose if you have been told to fast from midnight.	Take your morning dose if eating breakfast. Do not take your lunchtime dose.
If taken once a day – do not stop. If taken twice a day-do not stop. If taken three times a day omit your lunchtime dose only.	If taken once a day – do not stop. If taken twice a day-do not stop. If taken three times a day omit your lunchtime dose only.
Omit your morning dose	Omit your morning dose
Take as normal	Take as normal
Omit your morning dose.	Omit your morning dose.
Omit on day of surgery	Omit on day of surgery

You should restart taking your normal tablets the morning after surgery. However, your blood glucose may be higher than usual for a day or so.

What to do with your me

Tablets	Day before going into hospital
Acarbose	Take as normal
Meglitinide (repaglinide or nateglinide)	Take as normal
Metformin (Some patients having X-Ray investigations may be asked by their doctor not to take metformin for a couple of days after the procedure)	Take as normal
Sulphonylureas (glibenclamide, glipizide, gliclazide/gliclazide MR, glimepiride, gliquidone)	Take as normal
Thiazolidinediones (Pioglitazone)	Take as normal
DPP-IV inhibitors (Sitagliptin, saxagliptin, vildagliptin)	Take as normal
GLP-1 analogue (e.g. Exenatide, Liraglutide)	Take as normal

After your operation you will be offered food and drink when you feel able to eat. If you are leaving hospital make sure you know what to do with your diabetes medication for the rest of the day.

If you are eating and drinking normally you should resume taking your normal tablets the morning after surgery. However, your blood glucose levels may be higher than usual for a day or so

When you get home, if you feel nauseated or vomit and are unable to eat, please refer to the leaflet '**Sick day rules for people with Diabetes**'.

If you do not improve quickly and usually attend the hospital for diabetes care please telephone the Diabetes Team on (01534) 444547 during office hours Monday – Friday. Outside these hours please contact your GP practice or out of hours service.

If you usually see your GP about your diabetes please phone your GP practice.

Remember to bring with you to hospital

- Glucose tablets or a sugary drink.
- Blood glucose testing equipment (if you usually monitor your blood glucose).
- The tablets you usually take for your diabetes.

Your surgery

Your surgery will be in the:

Morning

Afternoon

Fasting guideline (morning of surgery):

No food after midnight, clear fluid till 6am

Light breakfast and clear fluid at 6am

What to do with your medication before surgery

Instructions for taking your insulin and tablets
(to be completed by the pre-assessment nurse):

	DRUG	Action
1		
2		
3		
4		