

## Managing Diabetes Before and After Surgery

Managing your diabetes is always important. But it is even more vital as part of your surgery and recovery process.

Keeping your blood glucose within your target range\* lowers your risk of complications from surgery and promotes wound healing. Many factors can impact the management of your diabetes in the hospital.

These include:

- Changes in your eating routine
- Medications and intravenous fluids
- Surgery itself, or stress caused by surgery
- Lower activity levels

### Ways You Can Improve Blood Glucose Levels Leading Up to Surgery.

#### Leading Up to Surgery

- Talk about exercise and develop regular physical activity goals with your provider. Participate in a structured program to achieve and maintain a healthy weight.
- Eat nutritious foods in the right amounts and at the right times.
- Meet with a registered dietitian to create a meal plan.
- Take medicines that have been prescribed for you.
- If directed by your provider, check your blood glucose and review the results at each visit.
- Consider drinking less alcohol and quitting smoking.

#### Preparing for Your Surgery

- Tell the HSS team if you use diabetes technology, such as an insulin pump, insulin patch, or continuous glucose monitor.
- Monitor your blood glucose to make sure it stays within your target range.\*
- Tell the HSS team which diabetes medications you are taking. However, please leave these medications at home unless otherwise instructed.
- Talk with your provider about changes to your diabetes medication. This may be necessary 24 to 48 hours prior to the day of your surgery.
- HSS will call you the day before your surgery to review changes to your medications if needed.

\* Recommended target range is 100-180 mg/dl.

## The Morning of Your Surgery

Check your blood glucose, if you have a device. If it's low (less than 100 mg/dl), drink 1/2 cup (4 ounces or 120ml) of either:

- Clear, regular (not diet) soda such as Sprite, 7-Up or ginger ale
- Clear juice (such as apple or cranberry – NOT orange juice)

Wait 15 minutes, then test again. If it's still low after two drinks, call the provider who cares for your diabetes.

A blood glucose level of less than 180 mg/dl is preferred on admission.

**Do not drink Ensure® Clear.**

## After Your Surgery, the HSS team will:

Monitor your blood glucose levels up to four times per day, even if you wear a glucose monitor.\* After your surgery, your blood glucose level should be between 140 and 180 mg/dl and no less than 100 mg/dl.

Possibly give you insulin, even if you don't normally take it at home. Some home diabetes medications are not safe to use in the hospital due to interactions with tests or procedures. Most people return to their regular diabetes medications when they are sent home.

All patients admitted to hospital will meet with a registered dietitian.

## After You Are Sent Home

You may go back to caring for your diabetes and monitoring your blood glucose levels as you normally would. Any recommended changes will be provided with your discharge paperwork.

Please call and schedule a follow-up appointment with your regular outpatient provider after you return home for continued care.

\* Use of a continuous glucose monitor (CGM), such as Libre, Dexcom or Guardian device does not replace hospital blood glucose monitoring.

