

Your diabetes and surgery checklist

Preparing for surgery or a medical procedure can be stressful, especially when you're managing diabetes too. This checklist will help you to know what to do before, during and after surgery, so you can focus on recovering.

One to two months before the surgery

Ask your doctor or diabetes health professional

- Have your HbA1c checked – aim for below 9% (75 mmol/mol)
- Ask them to review your diabetes management
- Ask them to create a written diabetes plan for before and after the procedure, including:
 - » if and when you need to check your blood glucose levels
 - » if and when you need to change your diabetes medicines or insulin doses

Talk to your surgeon and anaesthetist

- Tell them you have diabetes
- If you use a continuous glucose monitor (CGM) and/or insulin pump, ask if you can wear them during the procedure
- Ask how your insulin will be managed during the surgery or procedure
- Ask how long you will need to stay in hospital afterwards

Before you go to the hospital or clinic

- If you use an insulin pump, change your line and set, or your patch pump 24 hours before the surgery, and make sure it is working properly
 - Follow any instructions about fasting and fluids
 - Have clear (not cloudy) apple juice on hand for treating a hypo while fasting
 - Follow your doctor's instructions about adjusting your diabetes medicines or insulin
 - Bring any medicines, insulin or diabetes supplies you will need with you
 - Bring your blood glucose meter and a record of your latest blood glucose readings
 - If you use CGM, bring a printed record of your recent results
 - If you use an insulin pump, bring a printed copy of your pump settings
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After the surgery or procedure

- Tell your doctor and nurses if you want to check your own glucose levels
 - Ask your doctor or nurses when you can start taking your diabetes medicine or insulin again
 - Follow your sick day plan if your glucose levels are high
 - Before you leave hospital, ask who to contact for help with your diabetes or other problems after your surgery or procedure
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This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.