



PATIENT INFORMATION

Information for Adults Patients with Diabetes treated with Tablets, who need to fast before their procedure or operation

Patients who are due to be treated in the morning

- If you are having your procedure or operation in the morning, **do not** take your diabetes tablets on that morning.
- Bring all your usual medication with you when you come to hospital.
- You should not eat anything on the morning of your procedure or operation.
- However you should drink clear fluids until you arrive at the hospital. We encourage you to have a drink of water at 7am before coming to hospital. You may also have a cup of tea or coffee with a small amount of milk before 6:30am.
- Some tablets may cause a hypo (if blood sugar less than 5mmols). You may need to treat this with sugar in water and inform staff at the hospital when you arrive.
- If you are allowed home the same day as your procedure or operation, restart your diabetic tablets with your next main meal.

Patients who are due to be treated in the afternoon

- Omit your diabetic medicine on the morning of your procedure unless you take Metformin. Take this as usual.
- Bring all your usual medication with you when you come to hospital.
- You should eat your normal breakfast at 7am on the morning of your procedure or operation. No further food should be had after this time.
You may drink tea or coffee with a small amount of milk until 11am.

You should continue to drink clear fluids (water, squash) until you arrive in hospital.

- If you test your blood sugar and it is less than 5mmols, you need

to treat this with 3 teaspoons of sugar in water (you may need to repeat if blood sugars do not recover) and inform staff at the hospital when you arrive.

- If you are allowed home the same day as your procedure or operation restart your diabetic tablets with your next main meal.

This information is for guidance only.

If any further advice required please call Diabetes Specialist Nurses,

Hengrave House, Torbay Hospital, Torquay, TQ2 7AA

Telephone 01803 655525