

PATIENT INFORMATION

Adult Patients with Diabetes Treated with Insulin, who need to Fast Before Their Procedure or Operation: Information for

For all patients

- If you monitor your blood sugar levels normally, check your blood sugar before breakfast and before leaving for the hospital. If you are hypo (result is less than 5mmols) have 4 teaspoons of sugar dissolved in a small amount of water. Recheck your blood sugar after 10 minutes and if still below 5mmols have another 4 teaspoons of sugar dissolved in water and repeat until the sugar is above 5mmols.
- Do not drive yourself to hospital.
- Inform staff at the hospital as soon as you arrive if you have had drinks to treat your hypo.
- Bring all your usual insulin, tablets and equipment into hospital. If you use the Freestyle LIBRE device you can still use this but hospital staff will need to do blood glucose testing in addition to this. You may also be asked to remove it for certain procedures.

Patients who are due to be treated in the morning

- You should not eat solid food from midnight. However, you should drink clear fluids, (water or squash) until you arrive at the hospital, we encourage you to ensure you have a drink of water at 7am. You may also have a cup of tea or coffee with a small amount of milk before 6:30am.
- If you take long acting Insulin in the **Morning** e.g. **LANTUS, LEVEMIR, HUMULIN I, INSULATARD, TRESIBA, TOUJEO**, Reduce by 20% the day before the procedure and by 20% again the morning of the procedure.
- If you take long acting Insulin in the **Evening** e.g. **LANTUS, LEVEMIR, HUMULIN I, INSULATARD, TRESIBA, TOUJEO**, Reduce by 20% the day before the procedure return to usual dose the evening after the procedure

- If you take insulin **twice a day** eg: **LANTUS, LEVEMIR, INSULATARD, HUMULIN I, INSUMAN BASAL**, Halve the usual dose taken in the morning restart usual dose in the evening. There is no change to this insulin regime the day before the procedure.
- If you take **twice a day mixed insulin** eg: **NOVOMIX30, HUMALOG MIX 25, HUMALOG MIX 50, HUMULIN M3**, Omit the morning dose but take half the morning dose with lunch after the procedure.
- If you take **4-5 Insulin Injections Short acting and long acting** eg: 3 Mealtime injections and 1-2 long acting injections. Omit the morning short acting insulin, no changes need to be made to the long acting insulin. Take an appropriate dose of insulin with lunch following the procedure and return to usual doses in the evening. No changes need to be made the day before the procedure.
- Omit your **diabetes tablets**.
- Omit **GLP-1 Injections** eg: **Liraglutide, Exenertide, Semaglutide, and Dulaglutide**. If surgery falls on the day of the weekly injection take the day following the procedure, when you are eating.

Patients who are due to be treated in the afternoon

- You should eat your normal breakfast at 7am on the morning of your procedure or operation. Don't eat any more food after this time but you should continue to drink clear fluids, (water or squash) until you arrive at the hospital. You may also drink tea or coffee with a small amount of milk until 11am.
- If you take long acting Insulin in the **morning** e.g. **LANTUS, LEVEMIR, HUMULIN I, INSULATARD, TRESIBA, TOUJEO**, Reduce by 20% the day before the procedure and by 20% again the day of the procedure.
- If you take long acting Insulin in the **Evening** e.g. **LANTUS, LEVEMIR, HUMULIN I, INSULATARD, TRESIBA, TOUJEO**, Reduce by 20% the day before the procedure return to usual dose the evening after the procedure.
- If you take long acting insulin **twice a day** eg: **LANTUS, LEVEMIR, INSULATARD, HUMULIN I, INSUMAN BASAL**, Halve the usual dose taken in the morning restart usual dose in the evening. There is no change to insulin the day before the procedure.
- If you take **twice a day mixed insulin** eg: **NOVOMIX30, HUMALOG MIX 25, HUMALOG MIX 50, HUMULIN M3**, Halve the morning dose. Take usual dose the evening after the procedure.
- If you take **4-5 Insulin Injections Short acting and long acting** eg: 3 Mealtime injections and 1-2 long acting injections. Take the usual morning dose of short acting insulin with early breakfast, no changes need to be made to the long acting insulin. Omit lunch dose of insulin. Following the procedure, take appropriate dose with evening meal and continue with evening long acting insulin. No changes need to be made the day before the procedure.
- Omit your **diabetes tablets**. Unless you take **Metformin** then take this as usual, but omit any lunch time dose and return to usual dose in the evening.

- Omit **GLP-1 Injections** eg: **Liraglutide, Exenertide, Semaglutide, and Dulaglutide**. If surgery falls on the day of the weekly injection take the day following the procedure, when you are eating.

This information is for guidance only.

If your regime does not fit into any of the above categories please contact:

**Diabetes Specialist Nurses,
Hengrave House,
Torbay Hospital,
Torquay,
TQ2 7AA
Tel: 01803 655525**

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.