



## **MANAGING DIABETES BEFORE SURGERY**

If you are diabetic, please follow instructions as provided by our nurse in your preop phone call regarding your medications. Below are some instructions to help you manage your blood sugars the day of surgery.

### **For patients that have an insulin pump:**

- Please contact the physician who manages your pump for direction on your basal rate while you are not eating or drinking.
- Ideally, change your insertion site and reservoir the day before surgery. Take in to consideration the kind and location of your surgery and where the pump will be located.
- Bring extra supplies with you on the day of surgery in case the site needs to be changed.
- Check your blood sugar the morning of surgery. If it is greater than 250, take your usual correctional dose of insulin.

### **Managing hypoglycemia (low blood sugar) prior to arrival to Dunes Surgical Hospital**

If your blood sugar is less than 70 or if you have symptoms of hypoglycemia, do the following:

- Take **ONE** of the following:
  - 4 four gram glucose tablets **OR**
  - 1 glucose gel tube **OR**
  - 1 tablespoon sugar, honey or syrup **OR**
  - 4 ounces (1/2 cup) of clear, sugar containing liquid such as 7-up or apple juice
- Check your blood sugar 15 minutes after the above treatment. Repeat the treatment every 15 minutes, up to 3 times until blood sugar is greater than 70.
- If after 3 treatments, your blood sugar does not increase above 70 or if symptoms continue, you should call your endocrinologist or primary care doctor for further instructions.

If you have questions, please call preadmissions Monday-Friday 7AM-5 PM. If it is the day of surgery and you have questions, please call 605-232-3332 and ask for a nurse in the preop department.