

Private Cataract surgery at St. Mary's Hospital

How to prepare when you have Diabetes?

To avoid dangerous acid and stomach reflux during surgery you must not eat and have any cloudy drinks (with milk or comparable in it) for the last 5 hours before you come to hospital.

You can drink clear fluids, including black coffee or tea, until 2 hours before your admission. People with diabetes are at higher risk of dehydration so we recommend to drink plenty of clear fluid on the day of your procedure, until the 2 hour deadline.

To avoid having very low blood sugar levels while you can't eat during this you need to take your diabetic medicines slightly differently in preparing for your procedure.

If you take anti-diabetic tablets

1. If your operation is scheduled for AM (8-12)

Do NOT take any of your AM diabetic tablets before your operation. Take them with you, so that you can have them with your first food after the procedure.

2. If your operation is scheduled for PM or evening:

Take your AM diabetic tablets normally but do not take any after 12AM. Take your tablets with you so that you can have them with your first food after the procedure

After starting to eat again, take your tablets in the usual way

If you inject insulin

1. If your operation is scheduled for AM (8-12)

- Night before: Give only $\frac{2}{3}$ of your usual bedtime/ long-acting insulin dose
- Day of procedure: Do not give any insulin dose AM, before your procedure.
- Please check your blood sugar at home before coming to hospital.
- Take your Insulin with you so it can be given with your first food after the procedure.

2. If your operation is scheduled for PM or evening:

- For separate short- and long acting insulin: Give normal dose of short-acting and $\frac{1}{2}$ dose of long-acting insulin with your breakfast. No further insulin after.
- For mixed insulin: Give $\frac{2}{3}$ of usual morning dose with your breakfast. No further insulin after this.
- Check your blood sugar before coming to hospital.
- Take your insulin with you so it can be given with your first food after the procedure.
- After starting to eat again, give insulin in the usual way.