



Important information for all patients having an operation

1. What to eat and drink

Morning operation

Do not eat food after midnight the night before your operation. You can drink water until your time of admission. However, please note; if your admission time is 6.30am, do not drink anything after 6am.

Afternoon operation

Do not eat food after 7am. You can drink water between 7am and 11am. Do not drink anything after your admission time.

2. Medicines

Take all your morning medicines especially your heart and blood pressure tablets with water before coming to hospital – even if you are not eating or drinking. If you are a Diabetic, please see instructions over the page for diabetic medicines.

Keep taking any anticoagulants (blood thinners) **unless your surgeon or hospital has told you to stop these. Blood thinners include:** Aspirin, Prasugrel (Effient®), Ticagrelor (Brilinta®), Clopidogrel (Plavix®, Plavicor®, Clovix®, Plidogrel®, Isocover®, Piax®) combination of aspirin/clopidogrel (Co-plavix®, Duocover®, DuoPlidogrel®, Piax Plus Aspirin®), Warfarin (Marevan®, Coumadin®), Dabigatran (Pradaxa®), Apixaban (Eliquis®) or Rivaroxaban (Xarelto®)

3. Things to bring to hospital:

- Any test results from the last 6 months including blood tests, chest x-ray, ECG and/or any letters from other specialist doctors (e.g. cardiologists). Your GP should have copies. You do not need to get new tests unless you are asked to do so.
- All medicines you are currently taking including inhalers (puffers), insulin and natural medicines, in original boxes/containers if possible
- Glasses – reading and distance if you wear them
- Dressing gown and slippers if desired

All patients must have someone to pick them up post-surgery otherwise surgery will be cancelled unless other arrangements have been discussed with the hospital staff prior to surgery date.

If you have any questions or do not understand these instructions, please contact:

Eye Operations: ph. 9382 7124 between 10am–2pm Mon-Fri

Hand or ENT (Ear/Nose/Throat) Operations: ph. 9382 7123 between 2pm–7pm Mon-Fri

If you have Diabetes, please see the ‘For patients with diabetes’ and ‘Safety Alert’ Instruction sheets



For patients with diabetes

If you are unsure if you have Type 1 or Type 2 Diabetes AND/OR if your blood glucose level (BGL) is consistently above 10mmol/L, please consult your local Doctor, Endocrinologist or Diabetes Educator before surgery.

24 Hours prior to surgery

Please record your BGL at least 4 times per day (before each meal and before you sleep). If you have symptoms of hypoglycaemia or have a low BGL reading, please drink clear apple juice. This is allowed until the time of your admission.

Diabetes tablets: IMPORTANT SAFETY ALERT

Refer to the separate 'Attention Diabetic Patients' notice if you are taking any of the following medications: **Jardiance®** (empagliflozin), **Forxiga®** (dapagliflozin), **Jardiamet®** (metformin/empagliflozin), **Xigduo®** (metformin/dapagliflozin), **Qtern®** (saxagliptin/dapagliflozin) **Glyxambi®** (empagliflozin/linagliptin)

For patients having MORNING SURGERY

TYPE 1 DIABETICS

Night before surgery

- Take normal dose of short acting insulin with your evening meal
- Reduce dose of long acting insulin by 10%

Day of Surgery

- Do not take your short acting insulin
- If you are on a morning long acting insulin, reduce the dose by 20%

TYPES OF INSULIN Short Acting

Actrapid®
Humulin R®
Novorapid®
Humalog®
Apidra®

Long Acting

Humulin NPH®
Protaphane®
Levemir®
Lantus®
Toujeo Solostar®

Pre-Mix Insulin

NovoMix 30®
Humalog Mix25®,
Humalog Mix50®
Humulin Mix 30/70®
Mixtard 30/70®,
Mixtard 50/50®

TYPE 2 DIABETICS

Night before surgery

- Take normal dose of short acting insulin with your evening meal
- Reduce dose of long acting or premix insulin by 10%.
- Take your diabetes tablets as normal (except those listed above under 'Diabetes tablets: Important Safety Alert')
- Take your other diabetes injections as normal (Byetta®, Bydureon®, Victoza® and Saxenda®)

Day of Surgery

- Do not take your diabetes tablets
- Do not take your morning insulin
- Do not take any other diabetes injections (Byetta®, Bydureon®, Victoza® and Saxenda®)



For patients having AFTERNOON SURGERY

TYPE 1 DIABETICS

Night before surgery

Take your normal dose of long or short acting insulin

Day of Surgery

- Take half (50%) of your usual dose of short acting insulin with breakfast before 7am.
- Reduce morning dose of long acting insulin by 20%.

TYPE 2 DIABETICS

Night before surgery

Take all your diabetes medication (tablets and injections) as normal

- except those listed above under 'Diabetes tablets: Important Safety Alert'.

Day of surgery

- Do not take your diabetes tablets
- Take half (50%) of your usual dose of insulin (short and/or long acting) with breakfast before 7am
- Do not take any other diabetes injections (Byetta®, Bydureon®, Victoza® and Saxenda®)

TYPES OF INSULIN

Short Acting

Actrapid®
Humulin R®
Novorapid®
Humalog®
Apidra®

Long Acting

Humulin NPH®
Protaphane®
Levemir®
Lantus®
Toujeo Solostar®

Pre-Mix Insulin

NovoMix 30®
Humalog Mix25®,
Humalog Mix50®
Humulin Mix 30/70®
Mixtard 30/70®,
Mixtard 50/50

For patients on insulin pumps

If you are on an insulin pump, please phone your Endocrinologist or Diabetes Educator for advice.

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