



## 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<sup>®</sup>), Ticagrelor (Brilinta<sup>®</sup>), Clopidogrel (Plavix<sup>®</sup>, Plavacor<sup>®</sup>, Clovix<sup>®</sup>, Plidogrel<sup>®</sup>, Isocover<sup>®</sup>, Piax<sup>®</sup>) combination of aspirin/clopidogrel (Co-plavix<sup>®</sup>, Duocover<sup>®</sup>, DuoPlidogrel<sup>®</sup>, Piax Plus Aspirin<sup>®</sup>), Warfarin (Marevan<sup>®</sup>, Coumadin<sup>®</sup>), Dabigatran (Pradaxa<sup>®</sup>), Apixaban (Eliquis<sup>®</sup>) or Rivaroxaban (Xarelto<sup>®</sup>)

### 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**<sup>®</sup> (empagliflozin), **Forxiga**<sup>®</sup> (dapagliflozin), **Jardiamet**<sup>®</sup> (metformin/empagliflozin), **Xigduo**<sup>®</sup> (metformin/dapagliflozin), **Qtern**<sup>®</sup> (saxagliptin/dapagliflozin) **Glyxambi**<sup>®</sup> (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%

### 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<sup>®</sup>, Bydureon<sup>®</sup>, Victoza<sup>®</sup> and Saxenda<sup>®</sup>)

#### Day of Surgery

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

### TYPES OF INSULIN Short Acting

Actrapid<sup>®</sup>  
Humulin R<sup>®</sup>  
Novorapid<sup>®</sup>  
Humalog<sup>®</sup>  
Apidra<sup>®</sup>

### Long Acting

Humulin NPH<sup>®</sup>  
Protaphane<sup>®</sup>  
Levemir<sup>®</sup>  
Lantus<sup>®</sup>  
Toujeo Solostar<sup>®</sup>

### Pre-Mix Insulin

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



## 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<sup>®</sup>, Bydureon<sup>®</sup>, Victoza<sup>®</sup> and Saxenda<sup>®</sup>)

### TYPES OF INSULIN

#### Short Acting

Actrapid<sup>®</sup>  
Humulin R<sup>®</sup>  
Novorapid<sup>®</sup>  
Humalog<sup>®</sup>  
Apidra<sup>®</sup>

#### Long Acting

Humulin NPH<sup>®</sup>  
Protaphane<sup>®</sup>  
Levemir<sup>®</sup>  
Lantus<sup>®</sup>  
Toujeo Solostar<sup>®</sup>

#### Pre-Mix Insulin

NovoMix 30<sup>®</sup>  
Humalog Mix25<sup>®</sup>,  
Humalog Mix50<sup>®</sup>  
Humulin Mix 30/70<sup>®</sup>  
Mixtard 30/70<sup>®</sup>,  
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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