

PLAN A

Arriving for surgery BEFORE 1:30 pm

All patients arriving
BEFORE 1:30 pm for
surgery

Stop eating solid food at midnight the night before your surgery.

Do not chew gum or suck on hard candy after midnight.

Evening before surgery drink 3 glasses (800ml) clear, high sugar drinks

Morning of surgery drink 1.5 glasses (400ml) high sugar drink

Clear fluids make you feel well before surgery and may help speed up your recovery. Continue to drink clear fluids up to **90 minutes** (1 ½ hours) before your arrival time to the hospital on the day of surgery. Drink at least 2 cups of:

- Apple juice
- White cranberry or white grape juice
- Colorless soft drinks (sprite, ginger ale, -up)
- Colorless sports drinks (Gatorade, Powerade)

Stop drinking 90 minutes (1 ½ hours) before your ARRIVAL TIME to hospital

PLAN B

Arriving for surgery AFTER 1:30 pm

All patients arriving
AFTER 1:30 pm for
surgery

Before 8 am have light breakfast

- 1 toast
- Cereal with milk

Evening before surgery drink 3 glasses (800ml) clear, high sugar drinks

Morning of surgery drink 1.5 glasses (400ml) high sugar drink

Stop eating solid food at 8 am the day of your surgery.

Clear fluids make you feel well before surgery and may help speed up your recovery. Continue to drink clear fluids up to **90 minutes** (1 ½ hours) before your arrival time to the hospital on the day of surgery. Drink at least 2 cups of:

- Apple juice
- White cranberry or white grape juice
- Colorless soft drinks (sprite, ginger ale, -up)
- Colorless sports drinks (Gatorade, Powerade)

Stop drinking 90 minutes (1 ½ hours) before your ARRIVAL TIME to hospital

Patients with Type 1 Instructions

Patients with type 1 diabetes MUST ALWAYS HAVE some basal insulin (to prevent DKA)

Reduced long acting insulin or insulin pump as per chart below:

Insulin	Names	Reduction	Example
Long acting	Lantus (Glargine 100) Levemir (Detemir) Basaglar (Glargine 100)	<u>If taken in the evening:</u> reduce the dose by 30% the night before <u>It taken in the morning:</u> Reduce the dose by 30% the morning of <u>If on BID dose:</u> Reduce only the dose on the day of by 30%	If Lantus BID, take usual dose of Lantus the night before, then reduce the dose of Lantus by 30% the morning of surgery
Ultra-long acting	Toujeo (Glargine 200) Tresiba (Degludec)	Reduce dose by 30% two days before	If surgery is on a Wednesday, reduce dose on Monday, Tuesday and Wednesday
Intermediate	Novolin NPH Humulin N	<u>Early surgery:</u> Don't take dose the morning of. You will likely be given a dose of NPH on arrival, about 2/3 of your usual dose. <u>Late surgery:</u> Reduce the dose by 30% the morning of.	
Fast acting	NovoRapid (Aspart) Humalog (Lispro) Apidra (Glulisine) Fiasp (Aspart faster acting)	<u>Early surgery:</u> Do not take <u>Late surgery:</u> Take usual dose with breakfast	
Pre-Mix insulin	NovoMix30 HumaMix25 HumaMix50	<u>Early surgery:</u> Don't take any the morning of. You will likely be given a dose of NPH on arrival, about 2/3or your usual morning dose <u>Late surgery:</u> Reduce breakfast dose by 30%	

Insulin pump	OmniPod	<u>Early surgery:</u> Reduce basal by 30% two hours before your planned arrival time. PUMP MUST BE REMOVED on hospital arrival. On arrival, you will likely be given a dose of Lantus, about 70% of your total daily basal dose. Patient can reconnect to pump at discharge at 30% reduced rate for the rest of the day. <u>Late surgery:</u> Reduce basal by 30% starting after breakfast until arrives at hospital. PUMP MUST BE REMOVED on hospital arrival. On arrival, you will likely be given a dose of Lantus, about 70% of your total daily basal dose. Patient can reconnect to pump at discharge at 30% reduced rate for the rest of the day.	
	Medtronic		
	Tandem		
	Ypsomed		

Patients with Type 2 Instructions

Reduced insulin or insulin pump as per chart below:

Insulin	Names	Reduction	Example
Long acting	Lantus (Glargine 100) Levemir (Detemir) Basaglar (Glargine 100)	<u>If taken in the evening:</u> reduce the dose by 30% the night before <u>It taken in the morning:</u> Reduce the dose by 30% the morning of <u>If on BID dose:</u> Reduce only the dose on the day of by 30%	If Lantus BID, take usual dose of Lantus the night before, then reduce the dose of Lantus by 30% the morning of surgery
Ultra-long acting	Toujeo (Glargine 200) Tresiba (Degludec)	Reduce dose by 30% two days before	If surgery is on a Wednesday, reduce dose on Monday, Tuesday and Wednesday
Intermediate	Novolin NPH Humulin N	<u>Early surgery:</u> Don't take dose the morning of. You will likely be given a dose of NPH on arrival, about 2/3 of your usual dose. <u>Late surgery:</u> Reduce the dose by 30% the morning of.	
Fast acting	NovoRapid (Aspart) Humalog (Lispro) Apidra (Glulisine) Fiasp (Aspart faster acting)	<u>Early surgery:</u> Do not take <u>Late surgery:</u> Take usual dose with breakfast	

Pre-Mix insulin	NovoMix30 HumaMix25 HumaMix50	<u>Early surgery:</u> Don't take any the morning of. You will likely be given a dose of NPH on arrival, about 2/3 of your usual morning dose. <u>Late surgery:</u> Reduce breakfast dose by 30%	
Insulin pump	OmniPod Medtronic Tandem Ypsomed	<u>Early surgery:</u> Reduce basal by 30% two hours before your planned arrival time. PUMP MUST BE REMOVED on hospital arrival. On arrival, you will likely be given a dose of Lantus, about 70% of your total daily basal dose. Patient can reconnect to pump at discharge at 30% reduced rate for the rest of the day. <u>Late surgery:</u> Reduce basal by 30% starting after breakfast until arrives at hospital. PUMP MUST BE REMOVED on hospital arrival. On arrival, you will likely be given a dose of Lantus, about 70% of your total daily basal dose. Patient can reconnect to pump at discharge at 30% reduced rate for the rest of the day.	

Instructions for Oral Medications	
Medication	Instructions
Metformin	<u>Early Surgery:</u> Do not take day of <u>Late Surgery:</u> Take morning dose ONLY
Glyburide Gliclazide (Diamicon) Repaglinide (Gluconorm) Amaryl (Glimepiride)	Don't take day of
Januvia (Sitagliptin) Onglyza (Saxagliptin) Trajenta (Linagliptin)	Don't take day of
Invokana (Canagliflozin) Forxiga (Dapagliflozin) Jardiance (Empagliflozin)	Stop two days before (example: if surgery on Wednesday, don't take on Monday, Tuesday and Wednesday)
Victoza (Liraglutide) Ozempic (Semaglutide) Trulicity (Dulaglutide) Byetta (Exenatide)	Don't take day of