



Pre-Operative Management or Planned Procedure

NPO in Preparation for Surgery

- Take the usual dose of long-acting insulin the evening before.

TYPE OF LONG-ACTING INSULIN	EXAMPLE	DOSE TO ADMINISTER
NPH	Humulin N [®]	2/3 of the regular morning dose
	Protaphane [®]	Alternatively, can give the night-time long-acting insulin at the same dose of the NPH usually given in the morning
Long-acting	Optisulin [®] Basaglar [®] Levemir [®]	Can give the usually morning dose pre-operatively
Ultra-long acting	Toujeo [®] Tresiba [®]	Can give the usually morning dose pre-operatively OR if administered at night, can be given the night before the operation

- If on an insulin pump, continue your current basal rate
- On the morning of the procedure the patient should check their BG,
- If < 6 mmol/l they should consume 50 ml of clear apple juice – this can be taken up to 2 hours before the procedure.
- < 4 mmol/l they should consume 100 ml of clear apple juice
- > 15 mmol/l take a bolus correction dose of short-acting insulin – 0.05 units/kg of short-acting insulin (refer to insulin dosing table below)
- > 20 mmol/l take a bolus correction dose of short-acting insulin – 0.1 units/kg of short-acting insulin (refer to insulin dosing table below) and check for ketones. If ketones are present, it would be best to postpone the surgery and manage the ketones

For surgeries planned ahead of time, or for long procedures, please ask the anaesthetist to contact our team to discuss your insulin requirements. Kindly let us know well in advance.