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## Diabetes and/or Low Blood Sugar After Surgery

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When you go home from the hospital after surgery, you should not be taking any medications for diabetes. This includes oral medications and insulin. When you come in for your 1-week follow-up visit, your diabetes medications will be re-assessed. This is why it is very important to test your blood sugars often after surgery.

**You should test your blood sugar 2 to 4 times a day, including a fasting blood sugar first thing in the morning.**

### What do I do with my blood sugar results?

- Write all your blood sugars on the Blood Sugar Records starting on page 81. Write the results down even though your meter has a memory. This will help your diabetes care provider see the patterns in your blood sugar levels.
- When you test your blood sugars on a regular basis, you can see if your blood sugars are in good control.

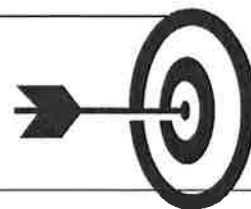


### Sample Blood Sugar Record

Targets →	4 to 7	5 to 10	5 to 10	5 to 10
Date:	Before Breakfast	2 hours after Breakfast	2 hours after Lunch	2 hours after Dinner
Jan 15	6		7.8	
Jan 16	6.3	8		
Jan 17		7.5		8.3
Jan 18	7		8.5	

## What should blood sugars be?

Target blood sugar levels are:



Before meals	4 to 7 mmol/L
2 hours after meals	5 to 10 mmol/L

Your blood sugar targets may be different. You and your diabetes care provider will work together to set your blood sugar targets.

## Low Blood Sugar After Surgery

Since you are eating in small amounts you are at risk of having low blood sugar. Low blood sugar is also called hypoglycemia.

Some signs of low blood sugar are:

- sweating
- dizziness
- feeling tired
- feeling shaky
- blurred vision
- headache
- clammy skin
- slurred speech
- mood change
- feeling hungry



You need to check your blood sugar if you have any of the above symptoms.

If you have problems with low blood sugar, you need to test your blood sugar.

The diabetes care provider will give you a blood testing meter and show you how to use it if you do not already have one.



The diabetes care provider will tell you when to test your blood sugar.

## **Up to 8 Weeks After Surgery**

### **When your blood sugar is below 4 mmol/L:**

1. Take 15 grams of a fast acting carbohydrate right away by:
  - Sipping 175 ml ( $\frac{3}{4}$  cup) juiceDoing this will raise your blood sugar.
2. Wait 15 minutes and check your blood sugar again.
3. Repeat these steps until your blood sugar is in your target level then sip your protein drink to keep your blood sugar in your target range.

## **8 Weeks and More After Surgery**

### **When your blood sugar is below 4 mmol/L:**

1. Take 15 grams of a fast acting carbohydrate right away.  
Examples of having 15 grams of fast acting carbohydrate are:
  - Chewing 3 to 4 dextrose or glucose tablets – read the label **or**
  - Drinking 175 ml ( $\frac{3}{4}$  cup) juiceTaking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly.
2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4 mmol/L, treat again with one of the fast acting carbohydrates listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If your next meal or snack is more than 1 hour away, you need to have  $\frac{1}{2}$  can of Boost Diabetic or Nestle Carnation Breakfast Essentials (No Sugar Added) or a snack that contains carbohydrate and protein and fits into the stage of diet you are at.

If you have any concerns about having low blood sugar or what to do, talk to your diabetes educator.

**What is A1C?**

A1C is also called glycosolated hemoglobin. A1C shows the 3-month average blood sugar level before the test was taken. You do not have to fast before this test.

When your A1C result is less than 7%, you decrease your risk of complications.

The A1C is not the same as your blood sugar results.

The chart below will help you know what your A1C results mean.

<b>Comments</b>	<b>A1C Results:</b>	<b>Your average blood sugar during the past 3 months:</b>
Normal Range: 4.4% to 6.4% Lowest risk of complications	5%	5 mmol/L
	----- 6%	----- 6 to 7 mmol/L
Lower risk of complications	7%	8 to 9 mmol/L
Higher risk of complications:  Need to make changes to improve blood sugar control	8%	9 to 11 mmol/L
	----- 9%	----- 11 to 13 mmol/L
	----- 10%	----- 12 to 15 mmol/L
	----- 11%	----- 14 to 17 mmol/L
	----- 12%	----- 15 to 19 mmol/L