

## Blood Glucose Management for Cardiac Surgery

**i** Important information for  
diabetic cardiac patients.

## About this booklet

This booklet provides information for people who suffer from diabetes and who have been referred for cardiac surgery.

Research has shown that poorly controlled diabetes can lead to surgical problems, making it essential that you have good blood glucose levels before surgery. The aim of this leaflet is to explain the significance of high blood glucose, why these complications can happen and to provide practical advice how you can best prepare yourself for surgery.

## Significance of High Blood Glucose

Over a sustained period of time, high blood glucose can cause damage to your organs, including your heart. It is therefore important to make sure your blood glucose level is well controlled well before your surgery takes place. This reduces the likelihood of complications during and after surgery.

Your HbA1c is .....

The HbA1c results measure the amount of glucose attached to your haemoglobin and let us know how well your diabetes has been controlled over six to eight weeks. It is important to try and get your HbA1c below 8.5% (69 mmol/mol) prior to surgery.

## Stress of surgery

Surgery is stressful. Even if you may have maintained good blood glucose control before surgery, the stress associated with surgery may change your hormonal balance and disrupt your body's glucose control, making it even more difficult to maintain.

## Disrupted meal pattern

Having surgery means that your normal meal pattern will be disrupted both before and after your procedure. Before your surgery, there is a fasting period; after your operation, you may be unable to eat normally. This will have an impact on your blood glucose control.

## Diabetes Medication

Your diabetes medication may need to be altered during the surgical period to best maintain your blood glucose level. This is due to the stress that can be associated with surgery, which can cause your glucose levels to be too high or too low: your medication may change to help control this fluctuation.

## What to do next

Please visit your GP to check your diabetes control.

1. Make them aware that you are about to undergo major cardiac surgery and need to optimise your blood glucose control before surgery.
2. Your HbA1c should have been checked by your cardiologist. If it hasn't, please ask your GP to check this and have them send the results to the Golden Jubilee National Hospital.

When you are admitted to the Golden Jubilee National Hospital for surgery:

1. Please bring records of your blood glucose levels, if you keep them.
2. Continue with your normal diabetic medications unless your clinic doctor alters this.

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