

Patient Guide:

Use of your insulin pump during your elective surgery / procedure

Introduction

Where possible we would like to support the continued use of your insulin pump during your surgery / procedure. Whilst this may not always be possible, it is important that you are involved in the discussion about the safest way to manage your insulin pump during your hospital stay.

Continuation of your insulin pump in hospital

Your pump may be stopped before, during or after your surgery/procedure if you become unwell or if you will miss more than one meal.

The hospital staff, including the diabetes team if they can, will support you with the continued use of your pump and provide any specialist advice.

To keep you safe while you are hospital, you will need to be able to:

- **Manage your own insulin pump if possible.**
- **Confirm you have attended a pre-operative assessment to ensure your HbA1c is at a safe level to reduce the risk of problems during or after your surgery/procedure.**
- **Site your pump away from the area of the surgery/procedure.**

Preparing for your surgery/procedure

Pre-operative assessment

To make sure that you are well enough to go ahead with surgery, you will need to have attended a pre-operative assessment with the hospital pre-admissions (preAMS) team. If you have not attended an assessment, please contact surgery team on 01782 676544.

During the assessment, your HbA1c level will be measured to ensure that it is at a safe level to go ahead with surgery/procedure.

Preparation timetable

Continue to monitor your blood glucose levels as usual leading up to your surgery/procedure	
2 weeks before surgery/procedure	Contact your usual Diabetes Specialist Nurse to review your pump settings.
2 days before surgery/procedure	Contact the preAMS team who will advise you how you can adjust your insulin before your admission to hospital.
1 day before surgery/procedure	• Change your infusion. • Locate the pump site away from the site of surgery/procedure but in a position that the anaesthetist will still be able to access. Usual sites are in your abdomen, thigh, or buttocks. • If using, locate your continuous glucose monitor (CGM) away from the site of surgery. • Ensure you have enough time to check 2 blood glucose levels 2 hours apart and ensure that your infusion set is working properly. • Use a plastic infusion set rather than one containing metal, as metal may interfere with the surgery/procedure.
On the day of the surgery/procedure	• Bring an adequate supply of all the equipment that you need to use the pump for the length of your hospital stay. • Bring an emergency supply of basal and bolus insulin pens in case your pump stops working. • Continue your insulin pump as usual up to and including your arrival to the hospital.

During your hospital stay

- For **minor surgery** or surgery where you will only miss one meal, you can continue your insulin pump as long as you are safely able to do so.
- For **major surgery**, where you may miss more than 1 meal, we will need to discontinue your pump and start you on a hospital insulin infusion (known as a Variable Rate Insulin Infusion).
- If you become unwell after your surgery your pump will need to be discontinued and you will be started on a hospital insulin infusion.
- If you have a CGM that connects to your pump and automatically adjusts your background insulin, you may be asked to switch your insulin pump to manual mode.