## 19. Appendix K – Guide to Pre-operative Insulin Management

| Insulin regimen | Morning procedure | Afternoon procedure |
|---|---|---|
| **Evening basal insulin only** | No dose change. | No dose change. |
| **Morning basal insulin only** | No dose change. | No dose change. |
| **Basal bolus regimen** | Omit the morning and lunch time rapid/short-acting insulin.<br><br>Keep the basal dose unchanged. | Advise half the morning rapid/short-acting insulin with light breakfast.<br><br>Omit the lunch dose(fasting).<br><br>Keep the basal and evening meal dose unchanged if eating. |
| **Pre-mixed insulin** | Halve the usual morning dose.<br><br>Omit lunchtime dose (if any) if not eating.<br><br>Leave the evening meal dose unchanged. | Advise half the usual morning dose with light breakfast.<br><br>Omit lunchtime dose (if any).<br><br>Leave the evening meal dose unchanged if eating. |
| **Co-formulated insulin eg Ryzodeg** | Omit on morning of surgery for morning procedure.<br><br>Give usual morning dose at lunchtime if able to eat by then.<br><br>If usually lunchtime dose give as usual if able to eat by then.<br><br>If patient is on morning or lunchtime only dose, give usual dose with evening meal if not able to eat before then. | Advise half of usual morning dose with light breakfast.<br><br>Omit if usually lunchtime dose.<br><br>If usually lunchtime dose only give usual dose with evening meal if able to eat by then.<br><br>If usually evening dose, give usual dose with evening meal if eating.<br><br>If unable to eat post op by evening recommend insulin infusion or switch to basal bolus insulin. |
| **Intermediate acting insulin with 2-3 rapid-acting or short-acting insulin doses for meals** | Calculate the total dose of all insulins for the morning and lunch.<br><br>Half of the total insulin dose should be given as an intermediate acting insulin only in the morning.<br><br>Leave evening meal and pre-bed doses unchanged. | Calculate the total dose of all insulins for the morning and lunch.<br><br>Half of the total insulin should be given as an intermediate acting insulin only in the morning.<br><br>Half the morning rapid-acting insulin can be given with a light-breakfast.<br><br>Leave evening meal (if eating) and pre-bed doses unchanged. |
| **Subcutaneous insulin pump** | Continue basal infusion at usual rates - or:<br>Use temporary basal of 80% if fasting BG <5 mmol/L or HbA1c <48 mmol/mol (6.5%).<br>If automode pump, set exercise blood glucose target. | Half calculated bolus at breakfast;<br><br>Continue basal infusion at usual rates- or use temporary basal of 80% if fasting BG <5 mmol/L.<br>If automode pump, set exercise blood glucose target. |