Surgery for the Child with Diabetes
Before- and after-surgery care steps

In the week before surgery

- Test overnight basal rates on insulin pump or the Lantus/Levemir dose.
- One night, several days before your scheduled surgery, have your child eat a dinner with a known carbohydrate count and low in fat and protein. Then, check blood sugars at:
  - Bedtime
  - Midnight
  - 3 a.m.
  - 6 a.m.
- If blood sugars do not remain stable overnight, contact the blood sugar line by phone at 206-987-5452 or email endonurse@seattlechildrens.org for help adjusting the doses prior to surgery.

Night before and day of surgery

- Always give Lantus/Levemir if your child is on injections, or keep the insulin pump running for the day of surgery.
- On the day of surgery, only give a correction if your child’s blood sugar is greater than 250mg/dL, and give just half the dose.

After surgery

- Give bolus insulin 15 to 30 minutes after eating or drinking until your child can tolerate food and drink well or all nausea is gone.
- Do frequent blood sugar and ketone testing (every 2 to 3 hours).
- Ketones may appear due to the “stress” of the procedure.
- It is important to check for ketones even if the blood sugars are in goal range.
- Try to give small, frequent sips of liquids to prevent dehydration. Any type of liquid like water, juice or sports drink is fine after surgery.

To Learn More

- Endocrine Clinic
  206-987-2640
- Ask your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line
  1-866-583-1527. Tell the interpreter the name or extension you need.