

手術前注意事項

1. 早上手術者，凌晨00:00後就應禁食，但可喝水或無渣飲料直到清晨06:00

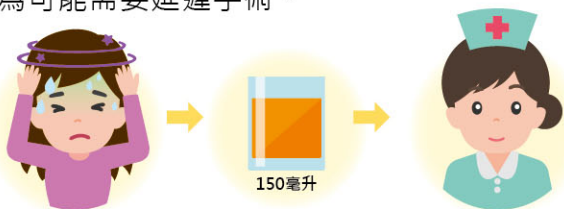


2. 下午手術者，清晨06:00前，你可以吃個簡單早餐；06:00後就應禁食，但可喝水或無渣飲料直到10:00

來回醫院的路程中，請攜帶含糖飲料（例如葡萄適，無渣果汁）



3. 如果你有低血糖的症狀，包括飢餓、冒冷汗、頭暈、視力模糊、發抖，請測試血糖。如果血糖低過 4 mmol/L，可喝150毫升含糖飲料，然後請告知醫院職員你喝了飲料，因為可能需要延遲手術。



4. 請攜帶你慣常服用的所有藥物和含糖飲料。



手術後注意事項

1. 如無不適，可以嘗試進食。正常飲食後，翌日早上可如常服用降糖尿藥物。手術後，血糖有幾天可能會比平日高。如無不適，不必擔心。



2. 定時檢測血糖，一天四次（如：早餐前、午餐前、晚餐前和睡前）。如有不適，應增加檢測次數。



3. 如因嘔吐/噁心而未能進食：

- 每兩個小時測試血糖。
- 盡量正常飲食。可考慮流質代替固體食物，例如400毫升牛奶或200毫升果汁或200毫升汽水。
- 每小時至少喝100毫升的水或無糖飲料。生病期間，更要多喝水份至少2.5公升。
- 生病期間應盡量休息，避免劇烈運動，以減少血糖上升。
- 要如常服用降糖尿藥物，因為生病期間血糖會上升。



4. 以下緊急情況，請到醫院急症室：

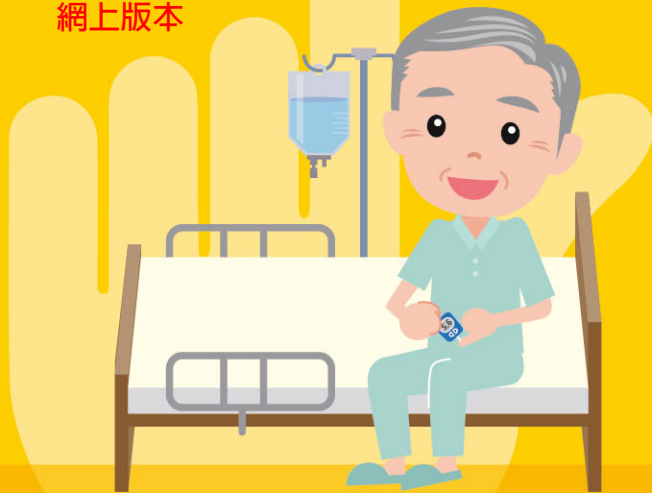
- 持續腹瀉和嘔吐或發高燒
- 用膳後持續嘔吐
- 血糖高過15mmol/L和有身體不適



糖尿病患者日間手術須知



網上版本





Before your operation

1. If your operation is *in the morning*:

-Do not eat any food after midnight; drink clear fluids up to 6 am



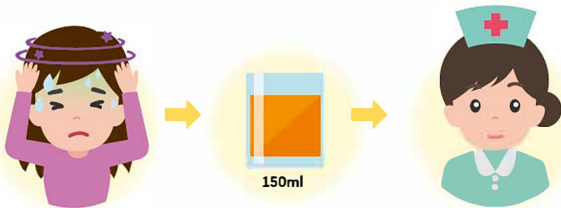
2. If your operation is *in the afternoon*:

-Eat breakfast before 6:00 am and take no food after this time; drink clear fluids up to 10am

-When you travel to and from the hospital for your operation, please carry some sugary drink (eg. lucozade, clear fruit juice)



3. If you have **any symptoms of low blood sugar** eg. sweating, dizziness, blurred vision or shaking, please test your blood sugar. If the blood sugar is <4 mmol/L, consider taking 150ml of sugary drink. Please tell the hospital staff that you have done so because it is possible that your surgery may have to be postponed.



4. Items to **bring** to the hospital: sugary drink and DM medicine.



After the operation

1. You could **resume food and drink** when you feel able to eat. If you are eating and drinking normally, you should **resume taking DM medication** the morning after surgery. However, your blood glucose levels may be higher than usual for a day or so. This is not worrying if you are feeling well.



2. **Monitor your blood glucose** 4 times a day and more frequently if you are unwell.



3. When you get home, if you **feel nauseated or vomit** and are unable to eat,

- **Test** your blood glucose every 2 hours

- **Eat** as normally as you can. If you cannot eat or if you have a smaller appetite than normal. Replace solid food with fluid eg. 400ml milk, 200ml carton fruit juice, 200ml non diet fizzy drink.



- **Drink** at least 100ml water/ sugar free fluid every hour. You need at least 2.5 liters per day during illness.

- **Rest** and avoid strenuous exercise as this may increase your blood glucose level during illness

- **Continue your DM medication:** illness usually raises your blood glucose level

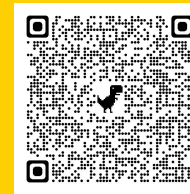
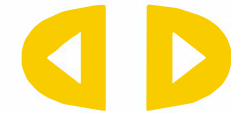
4. **Emergency: please visit Accident and Emergency department (AED) if**

- Continue to have diarrhea and vomiting and / or high fever
- Unable to keep down food for 4 hours or more
- High blood glucose >15mmol/L with symptoms of illness



2021/09

Patient information for diabetes mellitus (DM) patients undergoing day surgery



Online version

