

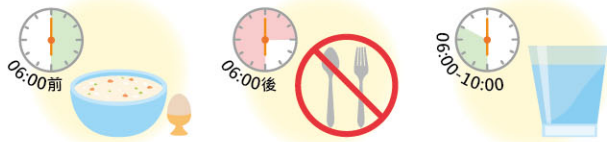
手術前注意事項

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

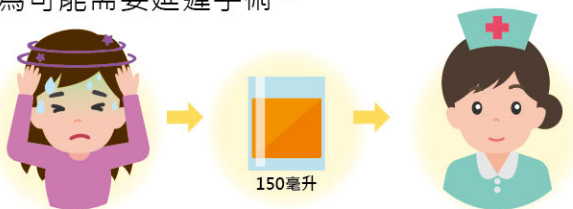


2. 下午手術者，清晨06:00前，你可以吃個簡單早餐；06:00後就應禁食，但可喝水或無渣飲料直到10:00

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：

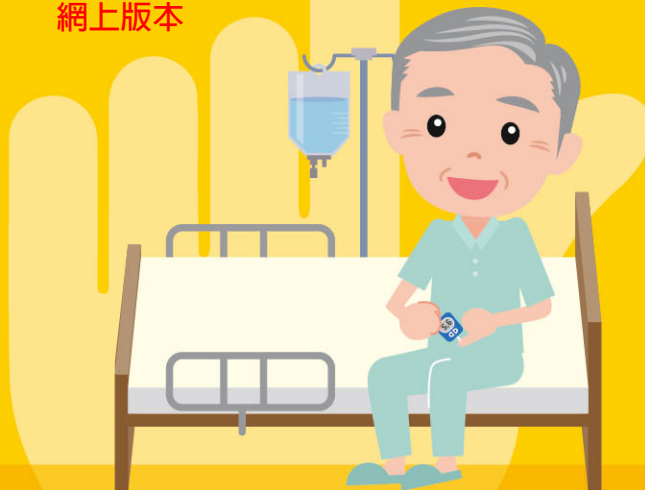
- 持續腹瀉和嘔吐或發高燒
- 用膳後持續嘔吐
- 血糖高過15mmol/L和有身體不適



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

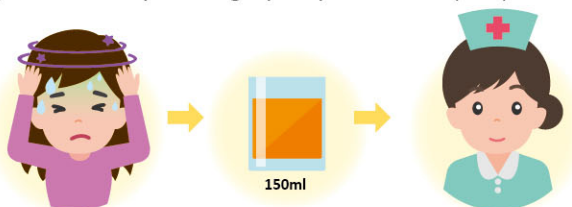


2. If your operation is **in the afternoon**:

- 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 >15 mmol/L with symptoms of illness



2021/09

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

