

Preparing you or your child with Type 1 Diabetes for anesthesia or sedation

If you or your child uses an insulin pump	If you or your child uses once daily basal insulin (Lantus or Levemir)	If you or your child uses two daily basal injections of N or NPH insulin
On the day of the procedure or surgery, give the usual basal insulin.	<p>If the procedure or surgery is less than 4 hours and does not require admission overnight, give the usual Lantus or Levemir insulin.</p> <p>If the procedure or surgery is more than 4 hours long or requires admission to hospital, give the usual evening dose of insulin but omit the morning doses.</p>	<p>If the procedure or surgery is less than 4 hours and does not require admission overnight, give 2/3 of your usual N or NPH insulin in the morning.</p> <p style="text-align: center;">For example: 2/3 of 21 units = 14 units</p> <p>If the procedure or surgery is more than 4 hours long or requires admission to hospital, give the usual evening dose of insulin but omit the morning doses.</p>
Do not bolus insulin at mealtimes when you or your child is not permitted food or drink.	Do not give rapid acting insulin (Humalog, Novorapid or Apidra) at mealtimes when you or your child is not permitted food or drink.	Do not give rapid acting insulin (Humalog, Novorapid or Apidra) at mealtimes when you or your child is not permitted food or drink.
Give a correction dose of insulin if above 11 mmol/L, according to programmed pump settings.	Give correction rapid action insulin if blood glucose is above 11 mmol/L, according to usual correction insulin dosing.	Give correction rapid action insulin if blood glucose is above 11 mmol/L, according to usual correction insulin dosing.

Blood glucose monitoring:

- Check your or your child's blood sugar before bed, upon waking, and every 1 hour until the procedure or surgery.
- Treat a low blood sugar (less than 4 mmol/L) using clear fluids (apple juice) and notify the anesthesia or sedation team upon arrival.
- If you or your child is not permitted to eat or drink, a low blood sugar must still be treated, and you must notify the healthcare team upon arrival.

Bring these supplies with you to the hospital:

- Your blood glucose meter, strips, lancets, and lancing device
- Your insulin pump, pump supplies (including 1 extra infusion set and reservoir)
- Your rapid acting insulin (Humalog, Novorapid, Apidra)

If you have any questions about how to adjust your or your child's insulin dose, please contact your diabetes nurse, nurse practitioner or doctor.