

# KEEPING WELL WHILE YOU WAIT FOR YOUR OPERATION

## A GUIDE FOR PEOPLE LIVING WITH DIABETES

The COVID-19 pandemic has understandably caused some delays to operations. You can use this time to get your mind and body into the **best possible condition for your surgery**.

Any improvement you make to your health can reduce the amount of time you have to stay in hospital, reduce the chance of you having complications or infections from your surgery, and speed up your healing time.



Throughout this leaflet, further information can be obtained by clicking on this symbol.

Here are our top 5 things to focus on:



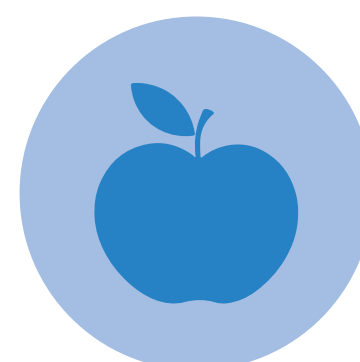
GLUCOSE



MIND



FEET



CHOICES



ACTIVITY

This guide signposts people living with diabetes to useful information from **Diabetes UK** and **NHS England**.

It has been produced in association with Consultant Diabetologist **Professor Gerry Rayman**, diabetes clinical lead for the **Getting It Right First Time (GIRFT)** programme.

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# HEALTHY GLUCOSE

## IMPROVES SURGERY OUTCOMES AND AIDS RECOVERY

Getting your blood glucose into a healthy target range will improve your surgery outcomes and help your healing time.

It is normally recommended that your HbA1c should be 8.5% (69 mmol / mol) or less before your operation – the lower, the better.

Your doctor or diabetes nurse can help you set optimal blood glucose targets.

HbA1c more than:

69  
mmol/mol

or

8.5%

! TOO HIGH  
• FOR SURGERY



**Diabetes UK**

Checking Your Blood Glucose  
and Target HbA1c Levels

# HEALTHY MIND

## REDUCE STRESS AND IMPROVE SLEEP

Physical and mental health go hand in hand – looking after your mind will help your diabetes and the rest of your body too.

Waiting for surgery is often a difficult time, and the stress it causes can come out in lots of different ways like feeling worried, comfort eating or trouble sleeping.

There are lots of simple steps that you can take to manage your stress and the impact it has.




**Better Health**

Get your Mind Plan, Boost Your Mood

# HEALTHY FEET

## CHECK AND PROTECT YOUR FEET



When you live with diabetes it's important to take care of your feet and check them every day for problems. This is especially important prior to surgery.

Ensure your socks and shoes fit correctly, use moisturising cream every day, avoid corn removing plasters or blades and be careful when cutting your toenails.

**Diabetes UK**

How to Look After Your Feet



# HEALTHY CHOICES

**SAFER DIABETES AND BOOSTS HEALTH**

Any steps you take to improve your health will have a positive impact on your diabetes and your surgery outcomes.

Working towards a healthy weight, stopping smoking and reducing or stopping your alcohol intake will all help.




**ONE YOU**

Make small changes that fit your life

# HEALTHY ACTIVITY

**GET MOVING AND STAY ACTIVE**



Being physically active is good for diabetes. It helps your body to use insulin better and can help ensure your HbA1c and blood pressure are at safe levels for surgery. Being more active can also help with your joints and better prepare you for recovery from your surgery.

Being active doesn't just mean doing traditional exercise; it can also include small changes like moving around more, using the stairs, digging in the garden, or cleaning windows – you can even exercise while sitting in a chair!

**Better Health**

Lose Weight, Get Active, Kickstart Your Health

