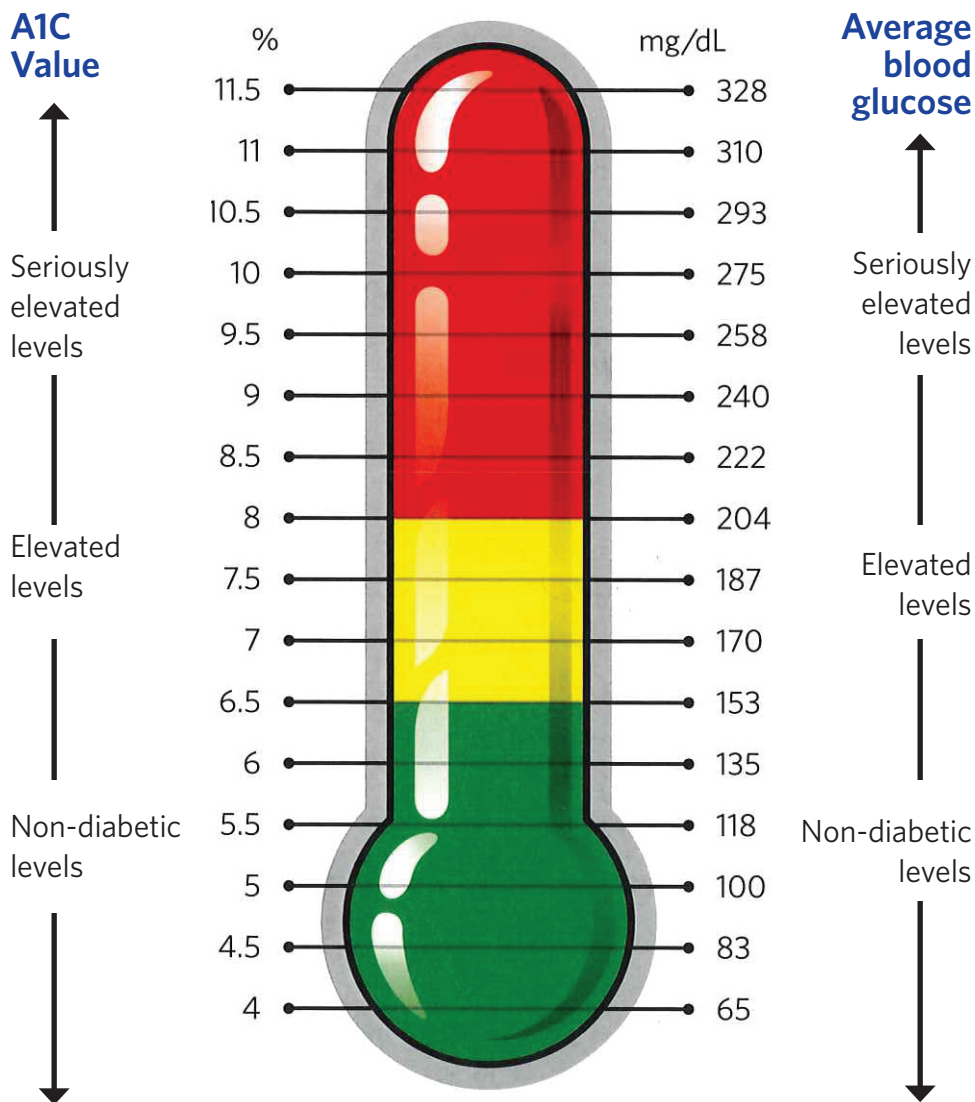


Can my blood sugar affect my surgery?

Diabetes is a health condition in which sugar (glucose) builds up in the blood, and cannot be used by your body as a source of energy. Diabetes is a lifelong condition that does not go away. It can cause thickening of the blood, decreased circulation and an increased risk for infection. Due to these complications, extra precautions are taken when surgery is required on diabetic patients. The thermometer below is an example of how your HgbA1C levels may compare to blood glucose over time. HgbA1C greater than 8.0 has been shown to increase the risk of infection during and following a surgical procedure. It is especially risky with the insertion of an implant or hardware.



Symptoms of high blood sugar

- Very thirsty
- Rapid weight loss
- Blurred vision
- Very tired or weak
- Urinating more often
- Frequent infections
- Slow healing



**Ascension
Saint Thomas**

Infection risk

Because the doctors at Ascension Saint Thomas Hospital want to reduce your risk of postoperative infection, surgery will be postponed for patients with uncontrolled diabetes (HgbA1C greater than 8.0).

If you have diabetes, prediabetes, or a blood sugar greater than 120 in the Pre-operative Medicine Clinic (POMC), an HgbA1C test will be sent to the lab.

If your HgbA1C is greater than 8.0, you will be contacted to help you identify the next steps to improve your diabetes control.

Options

- Referral to the Ascension Saint Thomas Midtown Diabetes Center. They will work together with your primary care doctor or endocrinologist.
- Return to your primary care doctor or endocrinologist

Diabetes educator

Meeting with a diabetes educator will help you learn how to:

- Plan meals that keep you satisfied while keeping your blood sugar within the target range.
- Make exercise more of an enjoyable habit in your life.
- Take medications at the right time and limit the risk of side effects.
- Check your blood sugar in ways that get the most accurate results and limit pain.
- Use your blood sugar results to evaluate the changes you have made.
- Take steps to keep your eyes, mouth, heart, kidneys, feet and skin healthy.

When you have achieved the goal of HgbA1C, you will be re-evaluated in the POMC. Please bring the HgbA1C lab results with you if they were done outside the POMC lab.



Please call the POMC when you are ready to schedule.

Hours are Monday-Thursday, 7:30 a.m.-4 p.m.

Ascension Saint Thomas Hospital Midtown: 615-284-7662

Ascension Saint Thomas Hospital West: 615-222-6737

