

Managing your diabetes when you have your caesarean

Medication instructions

If you are unsure about medication instructions, speak to your Doctor or Diabetes Midwife before your caesarean.

Metformin tablets

- The night before your surgery take your last dose of Metformin tablets with your evening meal
- **Do not take** any Metformin on the morning of your caesarean.
- After your caesarean, stop taking Metformin (unless you were taking it before pregnancy, or have been told to continue by your Doctor. If continuing check the correct dose to take after pregnancy).

Novorapid Insulin

- The night before your surgery take your last dose of Novorapid Insulin with your evening meal
- **Do not take** any Novorapid insulin on the morning of your caesarean.
- After your caesarean, stop taking Novorapid insulin (unless you were taking it before pregnancy, or have been told to continue by your Doctor. If continuing check the correct dose to take after pregnancy).

Protaphane Insulin

Morning caesareans:

If the time of your surgery is booked for the morning:

- **Take only half your dose** of Protaphane insulin the night before surgery.
- Do not eat or drink anything from midnight.
- **Do not take** any insulin on the morning of your caesarean.

Afternoon caesareans:

If the time of your surgery is booked for the afternoon:

- **Take only half your dose** of Protaphane insulin the night before surgery.
- Have a light breakfast **before** 7.00am on the morning of the surgery
- Do not eat or drink anything after 7.00am.
- **Do not take** any insulin on the morning of your caesarean.
- After your caesarean, stop taking Protaphane insulin (unless you were taking it before pregnancy, or have been told to continue by your Doctor. If continuing check the correct dose to take after pregnancy).

Blood glucose monitoring

Before your caesarean

- Monitor your blood glucose levels **every hour after** you arrive at hospital.
- Alert a staff member if your test results are **3.5mmol/L or less or if you feel unwell.**

After your caesarean

For diet or Metformin controlled

- Blood glucose monitoring is not required

For Insulin controlled

- Continue to monitor your blood glucose levels four times a day, until 48 hours after your caesarean. Postnatal blood glucose targets are:
 - Before meal (fasting) – less than 5.5 mmol/L
 - After meals (2 hours) – less than 9.0 mmol/L



Remember to pack your blood glucose meter and glucose testing strips in your bag for hospital.