

## TWH- Bariatric Diabetes and Pre-Surgery Shakes Information

At the TW-Bariatric Surgery Clinic, we use Medi Meal ®, Slim Time ®, or Optifast ® pre-surgery shakes to help patients get ready for surgery. We will order whatever shake is available from the manufacturer at the time of your appointment as Medi Meal and Slim Time work in the same way. Optifast ® is only prescribed for patients with kidney issues.

**DO** take these diabetes medications while drinking your pre-surgery shakes:

<input type="checkbox"/> Janumet
<input type="checkbox"/> Januvia/ Sitagliptin / Onglyza / Saxagliptin
<input type="checkbox"/> Metformin / Glumetza / Glucophage

Note:

- **Stop** taking if blood sugar level is **less than 6.0** mmol/L two times in a row.
- **Stop** taking if blood sugar level is **less than 4.0** mmol/L
- **DO NOT** take on the day of surgery

**DO NOT** take these diabetes medications while drinking your pre-surgery shakes:

<input type="checkbox"/> Glyburide / Diabeta / Gliclazide / Diamicron
<input type="checkbox"/> Repaglinide / Gluconorm / Nateglinide / Starlix
<input type="checkbox"/> Glucobay / Avandia / Rosiglitazone / Actos / Pioglitazone
<input type="checkbox"/> Trulicity© / Duraglutide
<input type="checkbox"/> Invokana© / Canagliflozin / Forxiga© / Dapagliflozin / Jardiance© / Empagliflozin / Synjardy
<input type="checkbox"/> Xigduo© / Metformin + Dapagliflozin
<input type="checkbox"/> Ozempic /Semaglutide / Rybelsus / Wegovy / Mounjaro / Tirzepitide
<input type="checkbox"/> Victoza / Liraglutide / Saxenda

### Changing Your Insulin Dose

The pre-surgery shakes improve blood glucose levels in patients with diabetes. That means you may need to change or even stop some of the medications that you are taking for your diabetes. The instructions are the same for all insulin medications you might be taking while drinking pre-surgery shakes.

Here are some examples of long-acting or Intermediate-acting insulins you might be taking:

Here are some examples of rapid-acting or Fast-acting insulins you may be taking:

<ul style="list-style-type: none"> <li>• Lantus Levemir</li> <li>• Humulin N</li> <li>• Tresiba</li> </ul>	<ul style="list-style-type: none"> <li>• Humulin R</li> <li>• Novorapid</li> </ul>
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It is very important that you follow the instructions below:

- ✓ While drinking your pre-surgery shakes you will need to **check your blood sugar before** each drink.
- ✓ **On the night before you start your pre-surgery shakes decrease your usual insulin dose to half (50%).** For example: If you are taking 50 units of Levemir 2 times a day; lower your night time dose of Levemir to 25 units the night before you start your pre-surgery shakes.
- ✓ Do not take insulin the day of surgery
- ✓ If your blood sugar level is **less than 6.0 mmol/L**, two times in a row or **less than 4.0 mmol/L** once lower your insulin dose by another half (50%.) Keep lowering your insulin dose by half each time if your blood sugar level is less than 6 mmol/L two times in a row. You may be off insulin even before your surgery date.

If you are taking diabetes medications while drinking your pre-surgery shakes you may experience low blood sugar levels or hypoglycemia. With low blood sugar you may experience:

<ul style="list-style-type: none"> <li>• Trembling/shaking</li> <li>• Fast heart beat</li> <li>• Sweating</li> <li>• Anxiety</li> <li>• Feeling like you want to throw up (nausea)</li> <li>• Hunger</li> </ul>	<ul style="list-style-type: none"> <li>• Trouble concentrating</li> <li>• Confusion</li> <li>• Dizziness</li> <li>• Weakness</li> <li>• Tired/Drowsiness</li> <li>• Trouble seeing</li> <li>• Trouble speaking</li> </ul>
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If you are experiencing these symptoms please follow the steps below:

1. Eat a fast-acting sugar such as:
  - a. A 15g glucose tablet
  - b. 1 tablespoon (15mL) of honey
  - c. 1 tablespoon (15mL) of sugar in water
  - d. 2/3 cup (150mL) of juice
  - e. 15g fast-acting sugar such as 6 Life Savers or 2 rolls of Rocket Candy
2. Wait 15 minutes then check your blood sugar levels again.
  - a. If your blood sugar is above 4.0 mmol/L and you are going to eat a meal in an hour then you are ok to continue your day
  - b. If your blood sugar is above 4.0 mmol/L and you will not be eating a meal in an hour then have a starch snack (7 crackers or a slice of bread) or a protein snack (1 piece of cheese or 2 tablespoons of peanut butter)
  - c. If your blood sugar is below 4.0mmol/L then repeat step 1 and 2 until it is above 4.0

**Please feel free to call the clinic if you have any questions: 416-603-5800 extension 6145**