Oxford Kidney Unit

Preparing for your operation: information for people with chronic kidney disease
You have been given this booklet to help you prepare for a surgical procedure under general anaesthetic. It gives you information to help you prepare for your surgery and what to do about your medications. If you have chronic kidney disease you will need more preparation for your surgery, so that you are safe to have an operation. Your pre-operative assessment nurse will explain this in more detail.
Preparing for your operation and anaesthetic

Please bathe or shower with soap and water and wash your hair the day before or on the day of your operation. This reduces the risk of developing an infection. You may not be able to shower or bath for a while after your operation. Your nurse will let you know how long this may be.

All jewellery, including earrings, should be removed before your operation. If you have other piercings, please discuss this with a member of the pre-operative assessment team. If you wear a wedding ring this can be left on and will be taped over during the operation. Please remove any make-up or nail varnish from your fingers and toes.

Make sure you have a supply of paracetamol (remember to follow the directions on the packet). Anti-inflammatory drugs (such as ibuprofen) can cause kidney damage, so please check with your kidney doctor or a member or the pre-operative assessment team before using these.

Any tablets containing codeine should also be avoided if you are having a peritoneal catheter inserted. Codeine causes constipation, which can cause catheter problems.

You will also need a responsible person to look after you for the first 24 hours after your operation, when you return home. If this is not possible, please tell your pre-operative assessment nurse.

Smoking and alcohol

Do not smoke on the morning of your surgery. If possible, try to give up smoking altogether or cut down before you are due to come into hospital. Smoking reduces the amount of oxygen in your blood and increases the risk of breathing problems during and after an operation. The longer you give up beforehand the better.

Do not drink alcohol or use recreational drugs for 12 hours before your admission. These can alter the effects of the anaesthetic.
Cancelling and re-arranging your surgery

If you develop a cough, cold or high temperature a few days before your operation, or don’t feel well enough to have your operation, please contact the Patient Access Team.
Tel: 01865 228 674

What do I need to do if I’m on dialysis?

- If you are on haemodialysis (HD), show this letter to your dialysis nurse. You may need to dialyse on a different day around the time of your operation.
- If you are on peritoneal dialysis (PD), show this letter to your PD nurse. You may need to change your dialysis treatment.

What to bring with you on the day of your operation

Please remember to bring the following things with you:

- all of your medications, including insulin
- dressing gown, slippers and toiletries
- something to pass the time while you are waiting for your operation.

If you have diabetes, you should also bring:

- glucose tablets or clear sugary drink (e.g. non-diet cola or lemonade)
- your blood glucose testing equipment, if you use this. Your blood glucose will also be checked using hospital equipment throughout your stay.
Eating and drinking

Please make sure that you follow the fasting (starving) instructions, which should be included with your appointment letter. Fasting is very important before an operation. If you have anything in your stomach whilst you are under anaesthetic, it might come back up while you are unconscious and get into your lungs. This can cause choking or serious damage to your lungs.

Continue to eat normally up to 6 hours before the time of your admission. You should then stop eating food and certain drinks; these include milk drinks, milk substitutes, fruit juices with bits in, snacks, boiled sweets, mints and chewing gum.

**Before your operation, please follow the instructions in the table below:**

<table>
<thead>
<tr>
<th>If your operation is in the morning (am list):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Do not eat any food or have certain drinks (see above) after 2.00am.</td>
</tr>
<tr>
<td>• Drink clear fluids, such as black tea, clear diluted squash or water, up until 6.30am. After 6.30am you should have nothing to eat or drink.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If your operation is in the afternoon (pm list):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Eat breakfast before 7.30am, then do not eat any more food or have certain drinks (see above) after this time.</td>
</tr>
<tr>
<td>• Drink clear fluids, such as black tea, clear diluted squash or water, up until 11.30am. After 11.30am you should have nothing to eat or drink.</td>
</tr>
</tbody>
</table>
When you arrive at hospital
Do not eat or drink anything, unless instructed by the nursing staff.

Where do I need to come to?
If your surgery is at the Churchill Hospital, you will need to go to the Day Surgery Unit, unless otherwise instructed; this is found on Main Street. If you are coming by car, please park in car park 5 and enter the building across the road from the zebra crossing. The Day Surgery Unit is just on the right, next to the League of Friends café.

If you are having surgery at another hospital, the pre-operative assessment team will explain where you should go.

What time should I arrive for my surgery?
• If your operation is in the morning, please arrive at 7.30am.
• If your operation is in the afternoon, please arrive at 11.30am.
What should I do about my medications?

Please take your usual medications (except medication for diabetes) and inhalers as normal, unless you have been instructed to stop them by the nurse at your pre-operative assessment. You may take your medications up to one hour before your operation, with a small amount of water (up to 150mls or one small cup).

Medication required before your operation

If you are having a PD catheter inserted, you will need to take the following medication to make sure that your bowel is empty, the day before your operation:

- 10 senna tablets at 2.00pm
- 1 sachet of Citramag at 4.00pm

Add the sachet of Citramag to 200mls of hot water in a large cup or jug and wait for 30 minutes for it to cool, before drinking.

Within the hour you may experience diarrhoea, so stay near to a toilet. The effect may last for up to 4 hours. Eat and drink normally during this time. Sometimes Citramag may cause some nausea and bloating, however this should pass quickly.
Additional information for people with diabetes

If you have diabetes, the nurse will highlight which section of the table you should follow during your pre-operative assessment.

What should I do if I take insulin for my diabetes?
The day before your operation, you should take you usual dose of insulin as normal. Details of what you should do on the day of your operation are in the following table.

### Pre-operative insulin dose adjustment table

<table>
<thead>
<tr>
<th>Your insulin treatment</th>
<th>Day of operation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Morning operation</td>
</tr>
<tr>
<td>Once daily long-acting (evening/night)</td>
<td></td>
</tr>
<tr>
<td>(e.g. Abasaglar, Lantus, Levemir, Toujeo, Tresiba,</td>
<td>Resume your normal insulin with evening meal</td>
</tr>
<tr>
<td>Humulin I, Insulatard, Insuman Basal, animal isophane, zinc</td>
<td></td>
</tr>
<tr>
<td>suspension or protamine zinc insulin)</td>
<td></td>
</tr>
<tr>
<td>Once daily long-acting (morning)</td>
<td></td>
</tr>
<tr>
<td>Take usual dose</td>
<td>Take usual dose</td>
</tr>
<tr>
<td>Twice daily pre-mixed insulin with meals</td>
<td></td>
</tr>
<tr>
<td>(e.g. Novomix 30, HumulinM3, Humalog Mix 25 or 50,</td>
<td>Take one-third of your usual morning dose</td>
</tr>
<tr>
<td>Hypurin porcine 30/70 mix, Insuman Comb 15, 25 or 50)</td>
<td>Resume normal insulin with evening meal</td>
</tr>
<tr>
<td>Twice daily long-acting</td>
<td></td>
</tr>
<tr>
<td>Take half of your usual morning dose</td>
<td>Take half of your usual morning dose</td>
</tr>
<tr>
<td>Resume normal insulin with evening meal</td>
<td>Resume normal insulin with evening meal</td>
</tr>
<tr>
<td>Your insulin treatment</td>
<td>Morning operation</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Twice daily insulin where you self-mix insulin in your own syringe i.e. separate injections of short acting (e.g. animal neutral, Novorapid/ Humulin S) and intermediate acting insulins (e.g. animal isophane, Insulatard/Humulin I).</td>
<td>Your pre-operative assessment nurse will ask for advice from the Inpatient Diabetes Team</td>
</tr>
<tr>
<td>Multiple daily injections (3, 4, or 5 injections daily)</td>
<td>Take your usual dose of your basal (long-acting) insulin</td>
</tr>
<tr>
<td>(basal = long-acting insulin, e.g. Abasaglar, Lantus, Levemir, Toujeo, Tresiba bolus = meal time, e.g. Actrapid, Novorapid, Humalog)</td>
<td>Leave out your morning and lunchtime short-acting (bolus) insulin doses</td>
</tr>
<tr>
<td>Continuous Subcutaneous Insulin Infusion (CSII) i.e. insulin pump at home</td>
<td>Your pre-operative assessment nurse will contact the Inpatient Diabetes Team for advice when your operation is booked</td>
</tr>
</tbody>
</table>

If your insulin is not listed here, please let the pre-operative assessment team know.
What should I do if I take non-insulin medications for my diabetes?

You should follow the table below if you are taking tablets or non-insulin injections, such as GLP-1 agonists (exenatide, liraglutide, lixisenatide, dulaglutide and exenatide MR).

<table>
<thead>
<tr>
<th>Day before going into hospital</th>
<th>Morning operation</th>
<th>Afternoon operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take all your diabetes medications as normal</td>
<td>Do not take any diabetes medications</td>
<td>If you are taking SGLT2* tablets do not take them on the day of your operation. If you are taking any other non-insulin diabetes medications, take your usual treatment with a light breakfast (before 7:30am), then no more until you are eating and drinking after the operation.</td>
</tr>
</tbody>
</table>

*SGLT2 inhibitors (dapagliflozin, canagliflozin, empagliflozin)

If you take a combination of tablets and insulin, please follow the guidance for each of them separately.
What do I do if my blood glucose is low before I get to hospital?

If you have any symptoms of low blood glucose, such as sweating, dizziness, blurred vision or shaking, please test your blood glucose if you are able to do so.

- If your blood glucose is less than 4mmol/l (or you are not able to test your blood glucose), take 4 glucose tablets or 150 millilitres of a sugary drink (this is the same as half a standard sized can of non-diet cola).

- Please tell staff at the hospital that you have done this, because it is possible that your operation may have to be rearranged for another day.

What happens after my operation?

- After your operation your blood glucose will be checked and you will be given additional insulin, if necessary.

- When you feel able to eat after your operation, you will be offered food and drink.

- You should follow the instructions on pages 9, 10 and 11 about your diabetes medications.

- Your blood glucose levels may be higher than usual for a day or so.
How to contact us

**Peritoneal Dialysis Unit**
Tel: 01865 225 792  
(8.30am to 6.00pm, Monday to Friday)  
(answerphone outside of these hours)

**Renal Ward**
Tel: 01865 225 780  
(24 hours)

**Day Surgery Unit**
Tel: 01865 225 283/4  
(7.30am to 10.00pm, Monday to Friday)

**Vascular Access Specialist Nurses**
Tel: 01865 225 373  
(8.00am to 3.00pm, Monday to Friday)  
(answerphone outside of these hours)

**Renal Access Co-ordinator**
Tel: 01865 228 674  
(8.00am to 5.00pm, Monday to Friday)

Outside of these hours, please leave a message and the Access Co-ordinator will contact you the next working day.
Where can I get further information?

**Oxford Kidney Unit**
The Oxford Kidney Unit website has information about the Unit, which you and your relatives and friends might find useful.
Website: www.ouh.nhs.uk/oku/

**NHS Choices**
Information about preparing for an operation.
Website: www.nhs.uk/Conditions/surgery/Pages/preparing-for-surgery.aspx

**100,000 Genomes Project**
World class research is carried out at Oxford University Hospitals. We are also a Genomics Medicine Centre and you may be eligible to take part in the 100,000 Genomes project. During your visit you may be approached about clinical research studies and the Genomes project. If you would like further information, please ask your healthcare professional or visit the website:
www.ouh.nhs.uk/research/projects/genomes.aspx
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**