

Diabetes, A1C, and Surgery

What do I need to know about diabetes, A1C, and surgery?

A1C is a lab test that checks your long-term diabetes control. It shows the average level of your blood glucose over the previous 3 months. Studies show that people with well-controlled blood glucose have fewer problems during and after surgery. Stress usually increases before, during, and after surgery. It can make your body release hormones that make it hard to control blood glucose. These changes can push your blood glucose too high, or too low. These extreme levels are especially risky when they happen during or after surgery and can lead to dangerous complications and a slower recovery.

Surgery recommendations

If you have a history of diabetes, or have a high risk for diabetes, your primary care physician will check your A1C before scheduling a surgery consultation. If your A1C is 8 or above, you should not schedule surgery until your A1C is below 8. A diabetes and nutrition consultation can help support you with lowering your A1C.

Questions for my doctor

Where can I learn more?

- **American Diabetes Association**
diabetes.org
Get tips for eating out, quick meals and snacks, meal planning, and more.
- **MyNetDiary**
mynetdiary.com
Helps you learn and self-manage your diet, exercise, blood glucose, and medications.
- **MySugr**
mysugr.com
Record food intake, blood glucose, and activity, and estimate HbA1c based on your results.
- **Diabetes App and Diabetes App Lite**
Track changes in blood sugar levels, carb intake, weight, insulin injections, medicines, and activity; share data with your doctor. Includes a food database of over 200,000 food items.
- **Glucose Buddy**
Glucosebuddy.com
Enter glucose numbers, carbohydrate consumption, insulin dosages, and activities — then view data online.
- **dLife**
dlife.com
Track blood glucose levels, exercise, and food intake. Includes information about managing diabetes, recipes, exercise tips, and more. iPhone only.

