

**ARE YOU DIABETIC?
ARE YOU HAVING
HEART SURGERY?**

**DID YOU KNOW HAVING
POOR DIABETIC CONTROL
BEFORE SURGERY CAN LEAD
TO WORSE OUTCOMES?**

**SCAN THESE QR CODES TO FIND OUT HOW YOU CAN IMPROVE YOUR
DIABETIC CONTROL**



KEEPING WELL WHILE YOU WAIT FOR YOUR OPERATION

By Diabetes UK and NHS England. This is a great leaflet focusing on glucose, mind, feet, choices and activity to prepare you for surgery.

EAT BETTER BOOKLET

By British Heart Foundation. This guide explores why we should eat better, how to get the balance right and how to start making changes to build good habits.



LIVING WITH DIABETES

By diabetes UK. This website explores all the different areas of diabetic care, from eating, practice advice, complications, emotional wellbeing, treatment and management.

**CONCERNED ABOUT YOUR DIABETIC CONTROL?
CONTACT YOUR GP TO IMPROVE IT PRIOR TO SURGERY
OR ASK TO SEE THE DIABETIC NURSE SPECIALIST**