

PATIENT INFORMATION

Adjusting Insulin Doses Based on Blood Glucose Tests When on 2 Injections a Day

Information for parents and carers of
Young People with Type 1 Diabetes

Diabetes Team

An integrated care organisation

Looking after diabetes is all about making sensible changes to diet, insulin and exercise to enable your child to live a healthy, active and normal life. You need to be able to change your child's insulin dose to keep good control of their diabetes.

As you get started, we will be delighted to give help and advice at any time. To gain confidence when changing doses you should try to:

- identify the problem or pattern of blood glucose
- make a decision about the appropriate change in insulin dose
- if you are still unsure, or would just like reassurance, please phone for advice

Use this advice sheet to help you gain confidence if you are correct, and learn from your mistakes if you are wrong.

When should the blood glucose be checked?

You should try to do at least 2 blood glucose tests a day. Vary the time of the tests so that, over the course of a week, you have information about the blood glucose readings across the whole of the day.

Useful times for blood tests would be:

- Before breakfast
- Before midday meal
- Before evening meal
- Before the supper

Other helpful times may include late evening (perhaps before parents go to bed) or before treating a *hypo*.

Blood glucose targets:

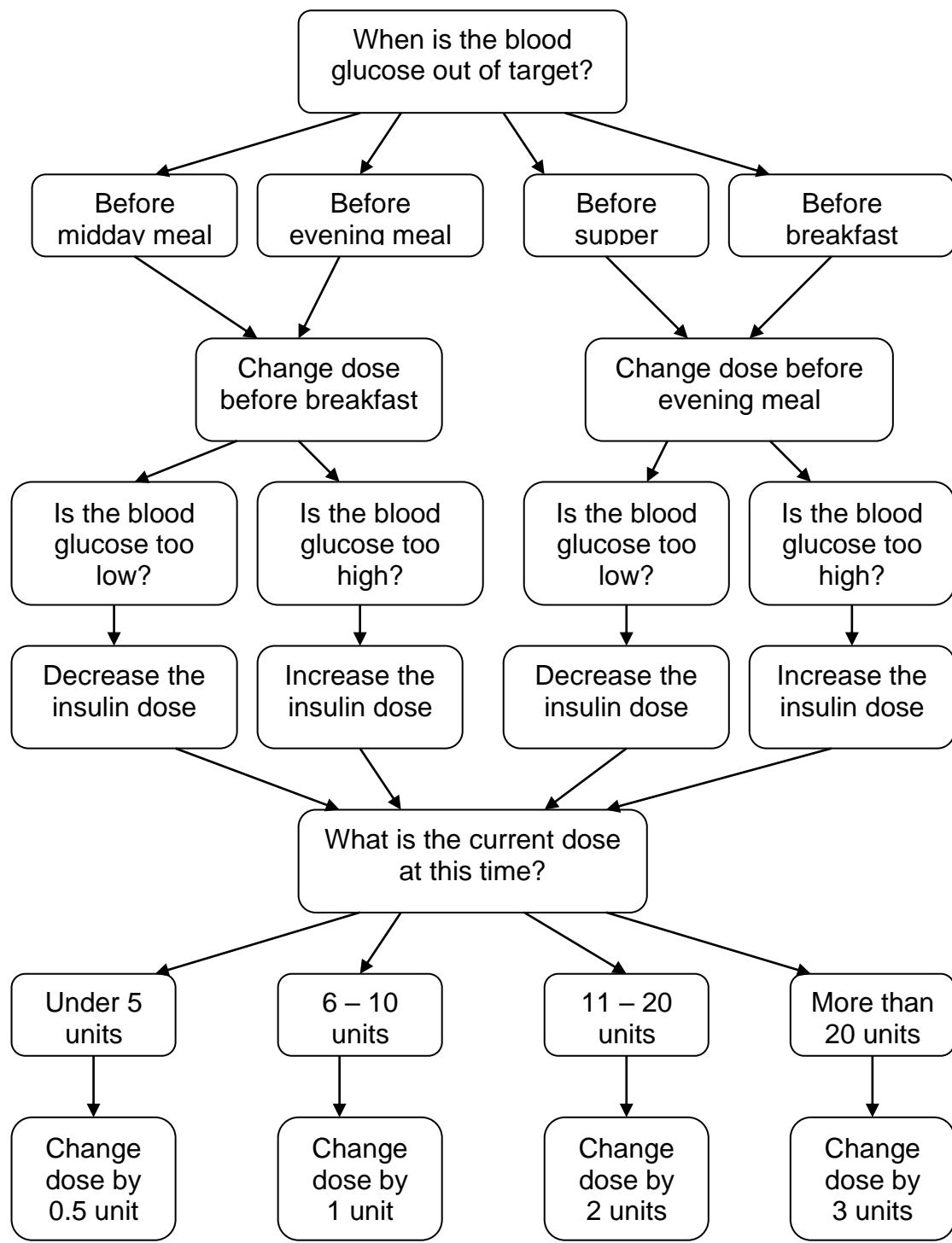
Before breakfast Before midday meal Before evening meal	4 – 7 mmol/L
Before supper	7 – 10mmol/L

Children whose blood glucose levels are generally in target, will have a mild *hypo* about once a week, for example if a meal is late or they did some unexpected exercise. If your child never has any *hypos* it is likely that their blood glucose levels are generally higher than the target range.

Aim for most of the blood glucose readings to be in target, however If three blood glucose results in a row - at the same time of day - are not in the target range, you will need to adjust the insulin dose.

How to adjust your insulin dose

To work out how to adjust your insulin dose, follow the flow diagram overleaf:



Important note:

If the blood glucose levels are high before breakfast it might be that your child had a *hypo* over night.

If you have increased the evening insulin twice, on separate occasions, and your child still has high blood glucose levels in the morning you should:

1. Check the blood glucose at 3 o'clock in the morning.
2. If the blood glucose at 3 o'clock in the morning is higher than 7mmol/L, increase the teatime insulin again.
3. If the blood glucose at 3 o'clock in the morning is less than 5, reduce the teatime insulin by twice the usual amount.

This leaflet has been written to help manage diabetes at home.

Do not rely on this leaflet alone for information about your child's treatment.

If you require any further information please telephone and ask for your Diabetes Nurse Specialists.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

Symptoms related to hypoglycaemia. Please refer to relevant patient information leaflet on how to manage the symptoms and condition. If symptoms persist, please contact the Paediatric Diabetes Specialist Nurse or Children's Ward.

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

Paediatric Diabetes Specialist Nurse (West Lancs) –
01695 656766/mobile 07917658725

Paediatric Diabetes Specialist Nurse (Sefton) –
01695 656867/mobile 07876838200

Children's Ward – 01695 656912/656612

Paediatric Dietitian – 01695 588623

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:
southportandormskirk.nhs.uk/FFT
Thank you

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