



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Insulin

Pharmacy Department

Name

You have been prescribed insulin by your doctor or specialist nurse.

Instructions on your dose and when to administer it are shown below:

Name of insulin	Time of Dose Circle appropriately	Dose In units
	Breakfast	
	Lunch	
	Evening Meal	
	Bedtime	

Date:.....

These doses are for when you are discharged from hospital. This may be adjusted, at a later date, by your Doctor or Diabetes Specialist Nurse.

If you have been newly started on insulin, please ensure you have:

- ✓ Insulin – at least two spare insulin cartridges or disposable pens, depending on which you use

- ✓ 1 box of needles for administering your insulin
- ✓ A sharps box for disposing of your needles
- ✓ Glucose testing strips suitable for your blood glucose testing meter
- ✓ Diary to record your blood glucose readings

For queries regarding your insulin, please contact your Community Diabetes team or your GP.

For information regarding the collection of your sharps box, please contact:

0345 1400845 (option 5),
if you live in Southport or Formby area (provided by Sefton Council)

01695 577177 (ask for refuse department), or arrange via
online form on www.westlancs.gov.uk,
if you live in Ormskirk area (West Lancs)

For inpatient Diabetes service, please ring 01704 704100

FREQUENTLY ASKED QUESTIONS

How should I store my insulin?

The insulin you are using should be kept at room temperature and used within 28 days. The rest of the insulin should be stored in the fridge.

Your insulin must not be exposed to extreme heat or cold and should be protected from light.

More detailed information can be obtained from the manufacturer's information leaflet.

How do I obtain further supplies of insulin?

You can obtain further supplies of insulin from your GP. Always keep an adequate supply available to ensure you don't run out.

When should I test my blood glucose level?

Initially, you will need to test your blood glucose level before meals and before bed.

If you are unwell or if your blood glucose levels are high, you should test your blood more often.

If your glucose levels are persistently high or low, contact your GP or your Community Diabetes team.

***If you feel unwell and your glucose levels are high,
follow sick day rules and contact your G.P.***

What do I need to know about my diet?

You should eat regularly every day, at breakfast, lunch, evening meal and a small supper.

Missing or delaying meals can affect your blood glucose, resulting in a 'hypo'.

Always carry Dextro-Energy tablet or Lucozade Energy original tablets, in case your blood glucose drops below normal.

This should be followed with a small snack e.g. fruit or toast.

For more information on sick day rules, hypoglycaemia, dietary advice, foot care and more, visit [diabetes.org.uk](https://www.diabetes.org.uk) and see under Living with diabetes.

ANY OTHER INFORMATION I SHOULD KNOW?

Always carry identification that you have diabetes.

If you are a driver, you must inform the DVLA and your car insurance company that you have started treatment.

If you have any questions about your medicines, please contact your GP or pharmacist. You may telephone them for advice or you can ask next time you see them. You might like to make a note of your questions so that you don't forget.

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

Also ensure you have spare insulin cartridges or disposable pens, depending on which you use, and a supply of needles.

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

Be aware of the signs and symptoms of a hypoglycaemic attack (“hypo”) and how to treat it.

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP or your own diabetes team

You can also contact the Diabetes UK helpline on 03451232399 Mon – Fri 9am to 6pm

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

Author: Titi Omoloso

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