

# Insulin

## Patient information

**If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

**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 as appropriate	Dose in units
	Breakfast	
	Breakfast	
	Lunch	
	Evening meal	
	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.
- Your GP.

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

- 03451 400 845 (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](http://www.westlancs.gov.uk) if you live in Ormskirk area (West Lancs)

For inpatient diabetes service, please ring 01704 704 100 from 9am - 4pm.

Outside of these times, please leave a message with your name, date of birth, telephone number and query and your call will be returned within the next 2 working days.

## Frequently asked questions

### How should I store my insulin?

The insulin you are currently using for injection should be kept at room temperature and used within the expiry date stated (usually 28 days). The rest of your insulin supply 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 do not 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 hypoglycemia often known as a 'hypo'. This is when your blood glucose falls below 4 mmol/L.

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, hypoglycemia, dietary advice, foot care and more, visit: [diabetes.org.uk](http://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 do not forget.

### **Special instructions**

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 hypoglycemic 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:  
03451 232 399 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

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.

Southport Hospital  
Town Lane,  
Kew,  
Southport,  
Merseyside,  
PR8 6PN  
Telephone:  
01704 547 471

Ormskirk Hospital  
Dicconson Way,  
Wigan Road,  
Ormskirk,  
Lancashire,  
L39 2AZ  
Telephone:  
01695 577 111