

**Looking after yourself if
you are unwell and have**

TYPE 1 DIABETES

**on 4 or more
injections per day**

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) "Being Open" best practice framework, November 2010.

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. They can also be contacted by telephone on:

01483 402757

Opening hours: 09.30 - 16.30 Monday to Friday. Alternatively they can be contacted via e-mail on:

rsc-tr.pals@nhs.net

PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

If you would like information documents in large print, on tape or in another language or form please contact us on:

01483 402757



A Patient Information Leaflet

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How do I look after myself if I am unwell and have **DIABETES?**

Anyone can get 'flu or a tummy bug. Having diabetes does not make you more likely to get ill. However, while you are ill it can be harder to control your diabetes. In turn, having a high blood glucose will make you feel worse. It may also take longer to get better.

This leaflet has some advice to help you keep your diabetes in check until you are better.

If you are not clear about what to do, please ask (see below). Asking for help might help you avoid a hospital admission.

If you have other significant health problems, are pregnant, or are your own at home seek help sooner rather than later.

How can I plan ahead?

Keep these items together in a safe place.

- A copy of these instructions! They are also available on the Cedar web site.
- Contact numbers for local diabetes team, GP, out of hours, hospital A&E, NHS direct.

Write them at the back of this leaflet now.

- People with type 1 diabetes should be able to test their blood or urine for ketones as well as testing blood for glucose.
- You will need urine Ketostix® or blood ketone strips for the Freestyle Optium® meter.

Your Emergency Contact Numbers

GP	
Diabetes specialist nurses	
Royal Surrey County Hospital	01483 571122
Cedar centre appointments	01483 571122 ext 2421
RSCH appointments	01483 464002
Friend or relative or neighbour	

SPECIAL INSTRUCTIONS

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Don't forget our website

www.royalsurrey.nhs.uk/cedar-centre

TOTAL DAILY DOSE READY-RECKONER

Use the table below as a guide to help you work out 10% or 20% of your total daily dose (TDD) of insulin.

Remember TDD is the total of ALL your insulin doses, both the quick acting and long acting (background).

Total Daily Dose	10%	20%
15	2	3
20	2	4
25	3	5
30	3	6
35	4	7
40	4	8
45	5	9
50	5	10
55	6	11
60	6	12
65	7	13
70	7	14

Know your insulins
Short Acting Novorapid® Humalog® Apidra® Humulin S® Actrapid®
Long Acting (Background) Determir (Levemir®) Glargine (Lantus®) Humulin I® Insulatard®

KETONE CONVERTER

Urine ketones	Blood β ketones mmol/l
None/trace	Less than 0.6
+ / ++	0.6-1.5
+++ / ++++	Above 1.5

Why does being ill affect my diabetes?

- Being ill can make your diabetes go out of control quite quickly, sometimes in a matter of hours.
- If you are ill, your insulin will not work as well as normal. You will need more insulin than usual, not less.
- Even if you are not eating, you will still need extra insulin.
- If you do not have enough insulin your body will not be able to use glucose for energy.
- Your cells will use fat for fuel instead of glucose. You will make a waste product called ketones. Ketones make you vomit.
- Ketones also stop insulin working properly, so you will need even more insulin than usual.

The flow chart on the next page can help you decide how much insulin you need. If you find it hard to understand ring your doctor for advice.

What can I do to avoid problems?

- Drink plenty of sugar free fluids, about 3-4 litres /day. That is about 6pints. Drink at least one glass every hour.
- Eat if you feel like it. If not, try sipping small amounts of sugary drinks instead of food.
- If you feel very unwell contact your GP.

REMEMBER

Not well?

TEST – DON'T GUESS

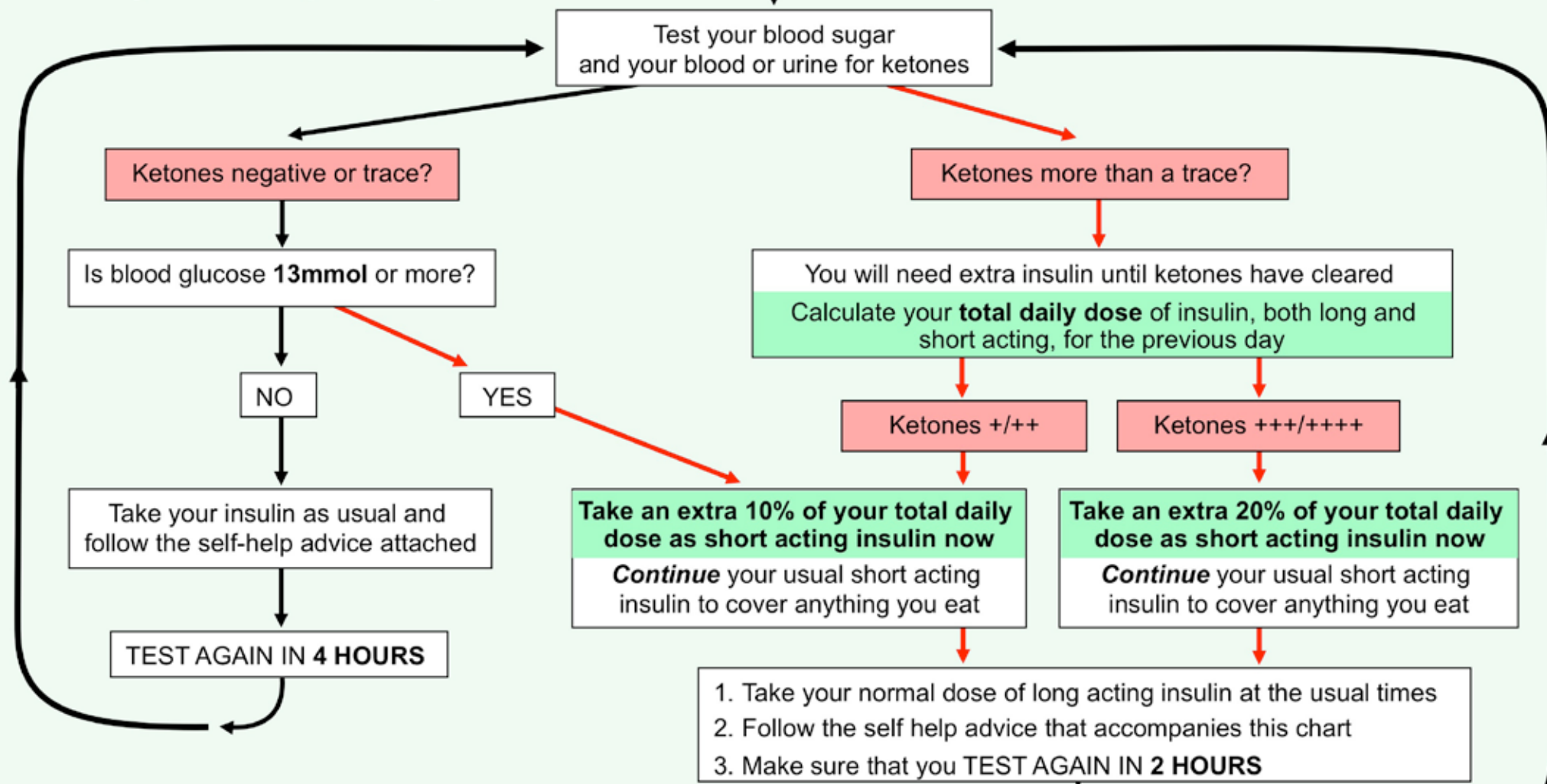
NEVER STOP TAKING YOUR INSULIN

TYPE 1 DIABETES

on 4 or more injections per day

Not feeling well?
START HERE

REMEMBER
If things are not improving call for advice or go to A&E



1. Take your normal dose of long acting insulin at the usual times
2. Follow the self help advice that accompanies this chart
3. Make sure that you TEST AGAIN IN 2 HOURS

See next page for

Total Daily Dose ready-reckoner	Ketone converter	Insulin types
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