

TYPE 1 DIABETES

on 2 injections of insulin per day

Advice from the Cedar Centre

x 2



Patient information leaflet

Looking after yourself if you are unwell and have TYPE 1 DIABETES

We all get ill occasionally with the 'flu or a tummy bug. Having diabetes doesn't 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 and may slow your recovery.

This leaflet offers some advice that will help you keep your diabetes in check until you are better.

If you feel that your condition is getting worse rather than better, or are unsure about what to do, please get professional advice promptly. Occasionally people need to come into hospital if their diabetes can't be controlled at home. Asking for help in managing your diabetes is not an admission of failure and may help you avoid a hospital admission.

If you have other significant health problems, are pregnant, or have no one to keep an eye on you seek help sooner rather than later.

Plan ahead

Keep these items together in a safe place.

- Contact numbers for your local diabetes team, GP, out of hours service and hospital A&E department (see page 7)
- Ketostix® for urine testing (once opened these go out of date in about 6 months)

or

- Blood ketone test strips for a ketone meter

Understanding the basics

- Being ill can make your diabetes go out of control very quickly, sometimes in a matter of hours.
- When you are ill insulin is not as effective as usual. Even if you are not eating much, you will need more insulin than usual, not less. Don't be told otherwise!
- If you don't have enough insulin your body will not be able to use glucose for energy. Instead it will break down fat. This process generates a waste product called ketones.
- Large amounts of ketones cause vomiting, dehydration and make the blood too acid affecting other chemical processes.
- If you have ketones in your blood or urine you need more insulin than usual. Use the flow chart to work out how much.

Looking after yourself

- Drink plenty of sugar free fluids, about 3-4 litres/day, (approx 6 pints) That's more than you think, at least a glass every hour.
- Eat if you feel like it, but if you can't eat try to sip small amounts of sugary drinks.
- If you feel very unwell you should contact your doctor, even if your diabetes is reasonably well controlled.

REMEMBER

Not well?

TEST – DON'T GUESS

Blood glucose and Blood or urine ketones

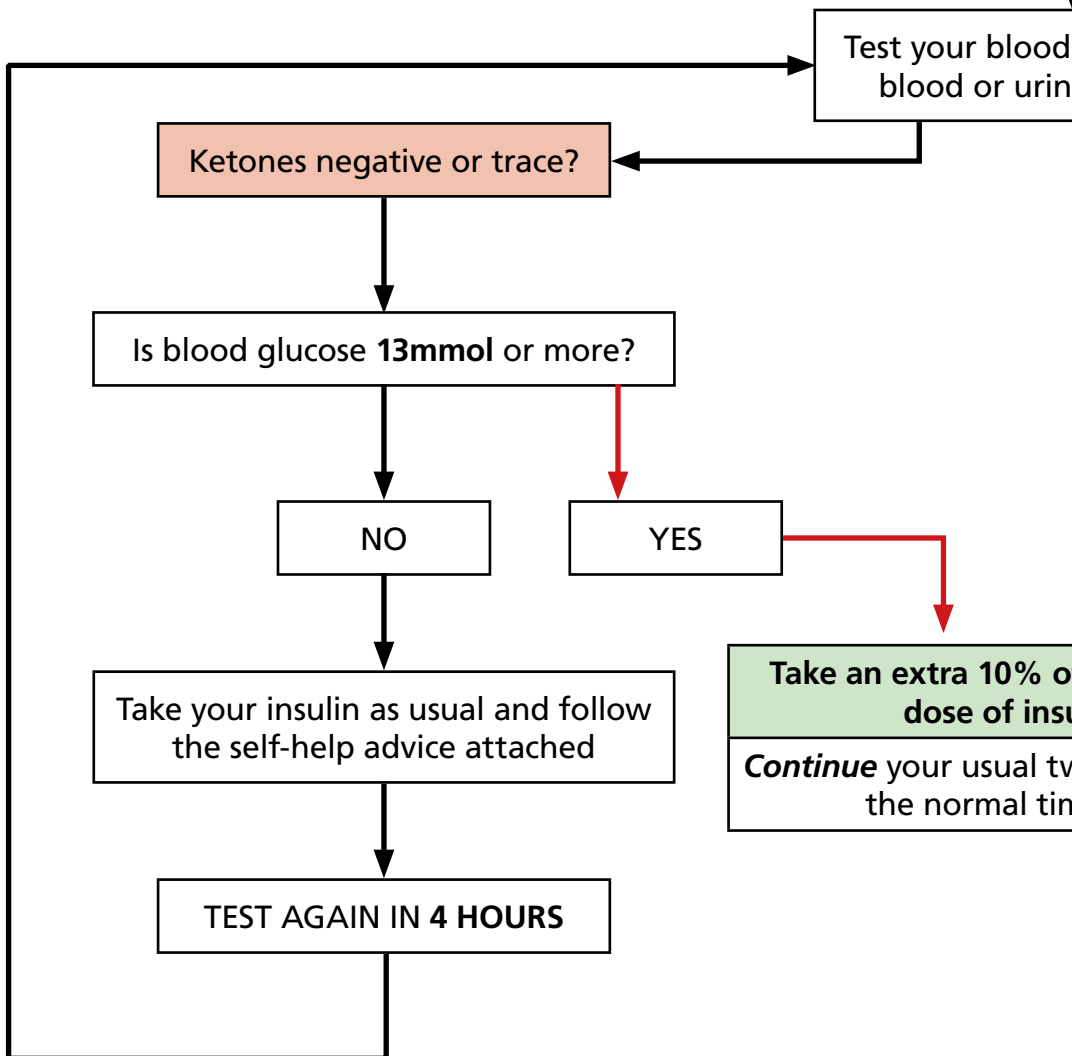
NEVER STOP TAKING YOUR INSULIN

TYPE 1 DIABETES

on 2 injections per day

Not feeling

START



See next
Total Daily Dose ready-reckoner

ng well?

HERE

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

sugar and your
e for ketones

Ketones more than a trace?

You will need extra insulin until ketones have cleared
Calculate your **total daily dose** of insulin
for the previous day

Ketones +/-

Ketones +++/++++

f your total daily
ulin and
vice daily insulin at
nes as well

Take an extra 20% of your
total daily of insulin and
Continue your usual twice daily
insulin at the normal times as well

1. Follow the self help advice that accompanies this chart
2. Make sure that you **TEST AGAIN IN 2 HOURS**

page for
Ketone converter

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, even if you have more than one type of insulin.

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

KETONE CONVERTER

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

Key reference source

DAFNE (Dose Adjustment For Normal Eating) guidance.

Your emergency contact numbers

GP	
Diabetes specialist nurses	01483 571122 ext 2413 (Mon-Fri)
Royal Surrey County Hospital	01483 571122
Cedar centre appointments	01483 571122 ext 2421
RSCH appointments	01483 464002
Friend or relative or neighbour	

Special instructions

Don't forget our website

- www.royalsurrey.nhs.uk/cedar-centre

Contact details

Please see page 7.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

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

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