

# MY DIABETES CARE AFTER DISCHARGE

It is important that you attend our outpatient clinics 6-8 times a year. This will include:

- ✓ MDT clinic at least every 3 months
- ✓ Nurse/Dietitian/Psychology clinics

## REMINDER

Before you leave the hospital pick up your prescriptions from your GP or pharmacy.



### FIRST 3 DAYS

Please call the Diabetes Team on 07802 262 633 every day for the first three working days (between 9-5PM if possible). This is to report blood glucose levels and adjust insulin levels.

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_



### AT 2 WEEKS

Initial Dietitian/Nurse appointment in the Dragon Centre:

Date: ...../...../.....

Time: .....



### AT 6-8 WEEKS

MDT (Multi-Disciplinary Team) appointment in the Dragon Centre:

Date: ...../...../.....

Time: .....

### HOME VISIT



Date: ...../...../.....

Time: .....



### SCHOOL DIABETES EDUCATION VISIT

Date: ...../...../.....

Time: .....

The target CBG is always

# 4-7 MMOL/L

In the initial period anything <10mmol/L can be okay.

## ALWAYS CARRY WITH YOU

- ✓ Blood glucose meter
- ✓ Test strips
- ✓ Finger pricker
- ✓ NovoRapid pen
- ✓ Needles
- ✓ Hypo Treatment e.g. glucose tabs



Your Basal (Background) Insulin Dose:

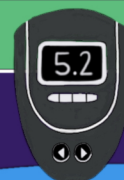
..... Units



## CALL US IF YOU HAVE ANY CONCERNS

## KNOW WHAT TO DO WHEN:

- **HYPO** - Hypoglycaemia  
The blood glucose is 3.9mmol/L or **less**
- **HYPER** - Hyperglycaemia  
The blood glucose is **more** than 14 mmol/L



Please register your Expert Smart Meter. You also need to order a Realtyme cable and spare Aviva Basic Meter. Call Accu-Chek on 0800 701 000

## HOW TO CONTACT US

PAEDIATRIC DIABETES TEAM

# 07802 262 633

Mon-Fri 9am-5pm

Please only call out-of-hours in an emergency

To rearrange appointments please call our Diabetes Coordinator on: 0208 725 4803