

Day 1	Date & Time	
	BGL	
	Ketone Level	
	Insulin & Dose	
	Comments	

Day 2	Date & Time	
	BGL	
	Ketone Level	
	Insulin & Dose	
	Comments	

Day 3	Date & Time	
	BGL	
	Ketone Level	
	Insulin & Dose	
	Comments	

*Form to be completed by patient or health worker on each visit. To be used for reference only; patient records should also be updated.

Contact details

The Diabetes and Endocrine Centre,
Tel: 01225 824101
Monday – Friday 9-5pm

Inpatient Diabetes Specialist Nurses
Tel: 01225 824198
Tel: 01225 821328

Out of hours:
Medical Assessment Unit
Tel: 01225 821214

RUH
Type 1 diabetes
– commencing insulin

What you need to know until you see the diabetes team



This leaflet contains advice on what to do if you have started insulin. You will be given more information when you see the Diabetes Team.

You will need to attend the Medical Assessment Unit (MAU) daily.

Each time you attend the hospital you will be given an injection of insulin. After a few doses of insulin you should start to feel better. If you have any concerns or feel unwell at all you should contact MAU or go to the A&E department

Food and diet

- You should follow a normal healthy diet
- Eat regular meals - breakfast, lunch and evening meal (or similar if you work shifts)
- With each meal have bread, rice, pasta or breakfast cereal
- Avoid sugary drinks and foods

- Drink plenty of sugar free fluids e.g. water, diet or no added sugar squashes
- If you experience shaking, dizziness, palpitations, clammy sweat you may have low blood sugar. Drink approx. 100mls of something sugary e.g. orange juice, cola, lemonade, wait 10 minutes and then have a snack or meal.

The Dietitian will give you further advice over the next few weeks.

Other advice

- Avoid strenuous exercise
- Avoid alcohol until you have seen the diabetes team
- You will be contacted by a diabetes nurse on the next working day. They will arrange to see you in the Diabetes Centre on the same day
- If you have not heard from a diabetes nurse by lunchtime of the first working day then please contact the diabetes nurses, the telephone number can be found on the back of this brochure

- Please ensure that all your contact details are correct to ensure prompt response.

Important notes

- You will need insulin injections daily until you see the Diabetes Team. Your final treatment may be different
- Follow the dietary advice in this leaflet
- Avoid strenuous exercise
- Avoid alcohol
- Contact the Medical Assessment Unit if you have any concerns
- You will be seen by the Diabetes Team on the next working day.