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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Information for Starting Twice a Day Insulin

Department of Diabetes



Instructions for twice a day insulin

Name of insulin	Dose	Time	Injection site
units	at..... am	abdomen/thigh
units	At.....pm	abdomen/thigh

Preparation

- ✓ Roll the pen between your palms ten times
- ✓ Then move the pen up and down, from one end to the other at least ten times
- ✓ Make sure the liquid is uniformly white and cloudy
- ✓ Attach a new needle to the pen
- ✓ Remove the needle caps
- ✓ Dial 2 units and do 'air shot' to test pen needle
- ✓ Dial up the correct dose of insulin

Injection

- ✓ Give insulin injection at an angle of 90 degrees into the fat tissue – use a different site each time
- ✓ Once plunger is completely depressed count to 10 before removing needle
 - This ensures you receive the full dose of the insulin
- ✓ Replace the big cap before you unscrew needle from pen and dispose of 'sharps' as instructed

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Insulin Administration skills

	Do you feel confident?	Literature given
Blood glucose monitoring	Meter given Y / N Type.....	
Injection Technique Injection Sites	Pen / device Type.....	
Storage of Insulin		
Disposal of sharps		
Symptoms and Treatment of Hypoglycaemia		
Sick day rules		
Driving and DVLA		
Other Information	Travel Medical alert Annual diabetes checks Insulin passport	
Contact Details		
Follow up arrangements		

If you are on insulin please only take as directed by your health care professional using the device given to you. Insulin should never be withdrawn from a cartridge or pen using a needle or syringe.

Blood glucose monitoring for twice daily insulin

If you are ill or are new to insulin or your doses change, you should check your blood glucose more frequently at least 4 times a day, before meals and at bedtime.

When you are first discharged from hospital, you may need to measure your blood glucose more frequently as your home diet and physical activities will be different from the hospital routine.

Your target blood glucose levels aremmol/L before breakfast andmmol/L 2 hours after meals. If all blood glucose readings are within target, you can reduce monitoring to twice daily.

If your blood glucose levels are frequently outside these targets or you are worried, please seek advice from your GP, practice nurse or diabetes specialist nurse.

Date	Before breakfast	2 hours after lunch	Before evening meal	Before bedtime
Day 1 at home	Test		Test	Test
Day 2 at home	Test		Test	Test
Day 3 at home	Test		Test	Test
Day 4 at home	Test		Test	Test

Contact numbers for local councils are: -

Woking Borough Council	01483 755855
Surrey Heath Borough Council	01276 707100
Guildford Borough Council	01483 505050 or 01483-444499 cleansinghotline@guildford.gov.uk
Waverley Borough Council	01483 523333
Spelthorne Borough Council	01784 451499 direct.services@spelthorne.gov.uk
Runnymede Borough Council	01932 838383
Elmbridge Borough Council	01372 474474 envcare@elmbridge.gov.uk
Hounslow Borough Council	020 8583 5555 recycling@hounslow.gov.uk

Further information can be found at www.surreywaste.info

Community Diabetes Specialist Nurses

Surrey Area	01932 723315 Mon – Fri Answer phone for messages.
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Out of hours helpline: Call 111 (when it is less urgent than 999) or GP out of hours service.

Identification

Ensure that you carry some form of identification that indicates you are on insulin therapy e.g. insulin passport. This enables the right treatment to be given in case of emergency. This can be credit card sized alert message, or medic alert bracelet. The type of insulin you are taking is written on your 'insulin passport'.

Disposal of sharps

A sharp is any needle or lancet that may cause an accidental injury if not disposed of carefully. You should put your blood glucose strips in the sharps box. You should go to your GP to get a prescription for a 'sharps' container. Your Local Authority has the responsibility for arranging the collection and safe disposal of sharps container from patients. They should not be left for normal domestic collection.

Insulin Information

Insulin is used to reduce the glucose levels in the blood to a more normal level. The dose is individualised to each person. A normal level of blood glucose is between 4 – 7mmol/L. Good glucose control is important to help keep you well.

Types of Insulin

There are many different types of insulin available. Whichever insulin you have been prescribed, the early stages of dose adjustment can take time for your blood glucose levels to stabilise. Blood glucose monitoring regularly helps with adjusting your dose of insulin.

Storage of Insulin and Equipment

Usually, disposable insulin pens and pen refills (pen fills) are supplied in a multi pack. Check the expiry date and discard any out of date insulin. Insulin that is in current use can be stored at room temperature for up to 4 weeks. The rest of your insulin supply should be stored in the fridge.

Prescriptions

Never allow yourself to run out of insulin. When you have 2 remaining cartridges / disposable pens in the fridge, request a repeat prescription.

Don't forget to ensure you also have enough

- Insulin pen needles
- Lancets for blood glucose testing
- Test strips for your blood glucose machine

Hypoglycaemia (Hypos)

The symptoms vary from person to person. Information about recognising and managing this is included in your booklet on insulin. A 'hypo' is any blood glucose level less than 4.0 mmol/l. Blood glucose monitoring is an important part of managing insulin as insulin doses may need to be adjusted if diet or activity changes.

Hyperglycaemia

Hyperglycaemia is the medical word for a high blood glucose. If the blood glucose is always in double figures most people will need to adjust their insulin doses. This is tailored to each individual and you will discuss this with your diabetes specialist nurse.

Sick Day Rules

Always continue with your insulin as advised by your diabetes specialist nurse, practice nurse or doctor.

Monitor blood glucose levels 2-4 hourly.

Drink plenty of clear fluids.

Check for ketones if you have Type one diabetes and when your blood glucose is greater than 15 mmols/l. If unable to eat, sip slowly at lemonade or similar (check you have a full sugar non diet drink).

If suffering from diarrhoea and or vomiting for more than 24 hours you should seek medical advice.

Driving

It is a legal requirement to inform the DVLA that you are on insulin therapy.

- You must inform the DVLA if any problem or diabetic complications develop that may affect your ability to drive safely for example if you are having difficulties recognising hypos
- For your car insurance to be valid you must inform your insurance company as soon as you are diagnosed with diabetes

Prevention and managing hypoglycaemia for driving

- Check your blood glucose before a journey. The DVLA recommend that your blood glucose is **at least** 5 mmol/L prior to driving
- Never drive for more than one and a half hours without stopping and checking your blood glucose
- Carry treatment for hypos in the car and at all times. At the first sign of hypoglycaemia
 - Park the car somewhere safely
 - Take the keys out of the ignition
 - Check your blood glucose
 - Treat your hypo with glucose or dextrose tablets and once blood glucose is above 4 mmol/L follow up with starchy food e.g. digestive biscuits
 - You should not drive for 45 minutes after your blood glucose is above 5mmol/L this is DVLA guidance. Support for hypo management can be sought from your diabetes team