

Patient Information

**Information for Patients
with diabetes –what to
expect whilst in our
hospital
For 16 years plus**

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Guidance for inpatients with diabetes

What to expect when you are in hospital

This leaflet has been designed to provide you with information to help you during your hospital stay.

- During your time in hospital whether it is a planned admission or emergency you may find your blood sugar levels will be monitored more frequently than you do at home. This may be for many reasons. If you feel these are done at a different time to your usual times, please ask the nurses.
- If you take insulin for your diabetes this should never be stopped or missed out. If you are on a long acting insulin e.g. Detemir (Levemir), Glargine (Lantus) these should be continued even if you are on intravenous insulin. (Insulin in a syringe pump.)

“Hypo’s” and treatment

- If your blood sugar is low below 4mmols and you feel “hypo” or get symptoms of feeling shaky, sweaty, tingling lips, or blurred vision please inform the nurses or doctors looking after you, and ask them to bring you something to treat your hypo and bring your blood sugar back up to normal levels.
- Each ward has a “hypo box” which contains a sugary drink for example Ribena or Lucozade, you can take 3-4 dextrose/glucose tablets if this is what you normally take; however please let the nurses know you have taken them. You should then be given a carbohydrate snack either two biscuits or a slice of bread or toast, even if your next meal is due.

High blood sugar levels

- If your blood sugar levels are running high more than 18mmols and you would normally adjust your insulin please inform the Dr's or nursing staff to change the dose on your drug chart. If you have type 1 diabetes the nursing staff should check your blood or urine for ketones (blood is more reliable but there are only ketone meters on certain areas). Ketones are a sign that you may need more insulin.

Self managing your insulin in hospital

- If you wish to self manage your diabetes care like you do at home you should be supported to do so, unless this has been stated as impractical or dangerous.
- If you normally have your insulin immediately before meals you may need to ask the nurses to open your lockable bedside locker so you can continue to have it at this time.
- It is possible to order snacks from the hospital food menu however it is a good idea to bring in a supply from home if you have specific needs/likes. If you have problems ordering from the menu you can tick on the menu to ask someone from the catering team to visit you on the ward.
- Your insulin will become unusable 28 days after opening. It can be kept outside of the fridge at room temperature in the lockable bedside locker except on extremely hot days.

Footcare

- Please do not walk around the ward with bare feet, and inform the nurses if you have problems with your feet that may need to be looked at.

Contact us

- Please let the diabetes team or medical/nursing staff if there is anything to do with your diabetes that we can help you with during your stay. Diabetes ANP bleep 1661 ext 5306.

Other useful helplines/websites:

- Lilly-Tel 01256 315000 www.lillydiabetes.co.uk for medical enquires
- Abbott-Tel 0500 467 466 www.abbottdiabetescare.co.uk for technical enquires
- Sanofi Aventis-Tel 01483 505515, 08000 352525 www.diabetesmatters.co.uk for technical enquires
- Diabetes Uk careline -0845 120 2960 www.diabetes.org.uk

We ask information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 1998.

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