

Top ten tips for keeping blood glucose stable

Paediatric Diabetes Team Patient Information Leaflet

Introduction

In order to keep blood glucose (BG) levels stable, you will need to change your child's insulin doses in between your visits to the diabetes clinic. These tips have been written to help you to know what to do and when.

Top ten tips

1. Ideal BG levels are 4 to 7mmol/L in the morning, before meals and before bed.
2. Keep a record book or diary and fill it in twice a week with all the BG levels from your child's glucose meter.
3. Look at the book every week with your child and compare the BG levels to target levels. That way you will learn about how to change doses.
4. Highlight blood glucose readings that are above target (more than 7mmol/L) in a coloured pen. Highlight BG levels less than 4mmol/L in a different colour. This will make it easier to see patterns in your child's BG levels.
5. Always give your child's usual correction dose of fast-acting insulin, if BG levels are more than 7mmol/L before a meal.
6. Look for patterns of high BG levels and increase insulin doses if BG levels are high (more than 7mmol/L), three or more days in a week, described as follows.
7. If BG levels are high for three or more days in a week before a particular meal, increase the dose of fast-acting insulin for the meal eaten earlier in the day **before** the high levels.

E.g. If your child's BG levels are high at lunchtime, adjust the insulin to carbohydrate ratio at breakfast time.

Adjust or reduce the carbohydrate ratio as follows:

- a. If your child is on **more than 1 unit for 10 grams of carbohydrate**, adjust the ratio by 5 grams e.g. from 1 unit per 15 grams, to 1 unit per 10 grams.
- b. If your child is on **1 unit for 10 grams or less**, reduce the carbohydrate ratio by 2 grams e.g. from 1 unit per 10 grams, to 1 unit per 8 grams.

If BG levels are high three or more days in a week before bed, increase the evening meal dose in the same way.

8. If BG levels are high (more than 7mmol/l) in the morning for three or more days in the week, and these are not because of high levels before bed, increase your child's long-acting insulin, Lantus, Levemir or Degludec, as follows:
 - a. If your child has less than 10 units, increase dose by 0.5 units each time.
 - b. If your child has 10 to 20 units, increase by 1 unit each time.
 - c. If your child has more than 20 units, increase by 2 units each time.
9. There are other possible causes of high BG levels. Make sure your child's insulin is stored correctly and changed every 28 days. Also, make sure you rotate your child's injection sites and check that there are no lumps around the sites.
10. If you are not sure what to change and/or your child's BG levels are regularly low (below 4mmol/L) or high (above 7mmol/L), please ring:

Contact numbers

Call the paediatric diabetes team on 01384 456111 ext. 3148/3149/3150 (9am to 5pm, Monday to Friday excluding bank holidays).

Out of these hours, call the Children's Ward on 01384 244271.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The paediatric diabetes team on 01384 456111 ext. 3148/3149/3150 (9am to 5pm, Monday to Friday excluding bank holidays).

Out of these hours, call the Children's Ward on 01384 244271.

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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