

Post Corticosteroid Injection Advice for People with Diabetes

Community MSK Assessment &
Physiotherapy Service (CMAPS)

Patient Information Leaflet

What are the potential effects of corticosteroid injection to blood glucose in the diabetic patient?

Corticosteroid injections affect glucose metabolism and can cause high blood glucose levels (known as hyperglycaemia) in people with diabetes, particularly in the first 24 to 72 hours. This is important to know in managing your diabetes care post injection.

Post Corticosteroid injection advice

- If you are able to check blood glucose levels, ensure they are checked frequently for at least 72 hours post corticosteroid injection.

- If you are unsure about how to manage rising blood glucose levels or have concerns about your blood glucose levels post corticosteroid injection then contact your diabetes care professional (e.g. diabetic nurse, GP, diabetic consultant or NHS 111 for advice).

What are the symptoms of hyperglycaemia (high blood glucose levels?)

- excessive thirst (needing to drink lots)
- urinating more than usual (needing to wee more)
- nausea/vomiting (feeling or being sick)
- excessive tiredness

Diabetic ketoacidosis (DKA)

If hyperglycaemia goes untreated it can cause toxic acids (ketones) to build up in blood and urine. This is known as DKA. When this happens, harmful substances called ketones build up in the body, which can be life-threatening if not found and treated quickly.

DKA mainly affects people with type 1 diabetes, but can sometimes affect people with type 2 diabetes. If you have diabetes, it is important to be aware of the risks and know what to do if you get DKA.

Signs and symptoms include:

- Fruity smelling breath
- Shortness of breath
- Dry mouth
- Weakness
- Confusion
- Coma
- Abdominal pain

What to do if you think you have Diabetic ketoacidosis (DKA)

- Call your diabetes team or GP as soon as possible if you're not sure whether you need emergency help.

- Go to your nearest A&E immediately if you think you have DKA, especially if you have a high level of ketones in your blood or urine.

Where can I find out more?

Follow the hyperlink below or type the address into the browser

[High blood sugar \(hyperglycaemia\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/) –

<https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/>

[Diabetic ketoacidosis - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/diabetic-ketoacidosis/)

<https://www.nhs.uk/conditions/diabetic-ketoacidosis/>

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

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

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.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura 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.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔

