

Appointments

| Date | Day of week | Time | Where | With | Reason |
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Avoiding and treating hypoglycaemia ('hypo's)

Aim to keep blood glucose readings pre-pregnancy between 3.5 -7.8 mmol. Do not miss or delay meals; always carry quick acting carbohydrates with you at all times e.g. in the car, at work, at home.

If your blood sugar drops below 3.5 mmol/L you may begin to feel unwell. You may have symptoms such as sweating, shaking, dizziness, hunger, blurred vision, tingling hands, lips or tongue or poor concentration. This is called a 'hypo'. It is important to recognise and treat a hypo as you may become unconscious if your blood sugar drops further.

You should always carry something to treat a hypo, such as an energy drink, glucose tablets or glucose gel. Afterwards, eat a carbohydrate snack such as a sandwich or biscuit. Friends and family can be taught to treat hypos if they are severe.

Sometimes you can have a hypo without knowing. Always check your blood glucose before you drive and if you are travelling long journeys stop frequently to test your blood glucose.

Sick day rules

During illness, never stop taking your insulin. Your body is likely to become more insulin resistant during illness, so your blood glucose levels are likely to rise. You will need to monitor your blood glucose and ketones closely - every 2 hours and may need more insulin (this refers predominantly to Type 1 diabetes). Your health care provider will be able to advise you of the best way to increase your quick acting insulin doses when your blood glucose levels are above target.

NEVER STOP your long acting insulin. If you are unable to eat solids, replace with liquid foods such as soup, milk or fruit yoghurt. Drink sugar free fluids at least 100mls hourly. If you are not eating, use quick acting insulin to correct high blood glucose readings.

If you have Type 1 diabetes your body does not produce insulin and can not use glucose in the blood. Therefore the body is starved of energy and will break down fat to use as fuel, this results in ketones being produced. This is an acid and can be toxic. A build up of these acids in the body can lead to a serious condition known as **ketoacidosis or DKA**.

Ketones can be measured by a finger stick blood test. Increasing amounts of ketones would be a concern when you are unwell. Acting quickly when you are unwell to stay well hydrated (drinking more sugar free fluids than usual), and ensuring you have enough insulin can help you avoid DKA. Typical symptoms of DKA are: breathlessness, passing urine more often, weakness, sickness, vomiting and abdominal pain.

Signatures

Anyone writing in these notes should record their name and signature here

Abbreviations: Cons = Consultant; DNS = Diabetes Nurse Specialist; Dtn = Dietitian; GP = General Practitioner; HCA = Health Care Asst; MW = Midwife; SpR = Specialist Registrar; DSM = Diabetes Specialist Midwife; PN = Practice Nurse.

| Name (print clearly) | Post | Signature | Name (print clearly) | Post | Signature |
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Support Groups /Additional Information

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|-----------------------------|---------------|---------------------------|---|
| Diabetes UK Careline | 0845 120 2960 | NHS Free Smoking Helpline | 0800 022 4 332 |
| Drinkline | 0800 917 8282 | NICE Guidance | http://guidance.nice.org.uk/CG63 |
| Frank about Drugs | 0800 776 600 | NHS Diabetes | www.diabetes.nhs.uk |
| Family planning association | 0845 122 8690 | Verity - PCOS Charity | www.verity-pcos.org.uk |