

If you are ill ...

Your body needs more energy to fight the illness, particularly if you have a fever.

Keep drinking fluids and taking your medication even if you cannot eat at all—without insulin your body will use fat for energy and this causes a rise in ketones in your blood.

High levels of ketones can make you very unwell.

If your blood sugar goes above 16.7 mmol/l, you must monitor for ketones

Discuss 'sick day rules' with your diabetes team so you will know what to do.

Keep testing your blood sugar levels and if you are worried and your levels are climbing, or if you vomit

SEEK

MEDICAL

ADVICE

and some final words

- If you smoke—STOP!
- Take at least 20 minutes brisk exercise 3 times a week
- Visit your optician once a year for a Diabetic Eye Test.
- Look after your feet

Think about joining

Diabetes UK

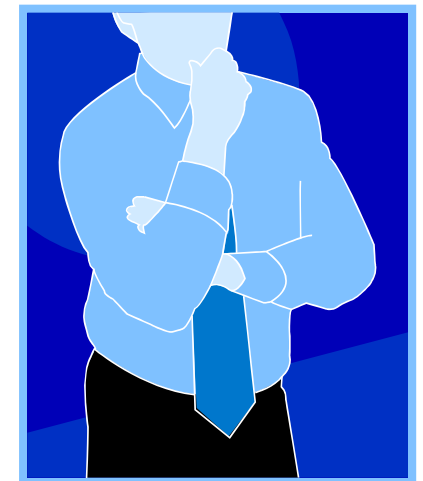
Telephone 020 7462 2791

This is a charity run for people with diabetes and a good source of information



Monitoring your own blood sugar

Be good to yourself



Richmond Surgery

Take charge ..

Your goal is to get your blood sugar (glucose) as close to normal as possible, avoiding high peaks and low troughs.

If you keep tight control of your blood sugar, you will be able to live a long and healthy life with diabetes; it isn't easy but it's worth it.

Life is complicated and there are many things that make your sugar levels rise and fall. You need to find out what affects your levels and then take appropriate steps to manage them.

The only way to get this information is through regular blood sugar testing.

...testing your blood sugar



Follow the instructions that come with your meter and ask your GP or Practice Nurse about the way to do the test. They will help you make sense of the readings that you get.

Things like eating, exercise, medication, illness and stress all affect your blood glucose each day.

Must I keep records?

YES!! Any patterns that emerge will help you and your doctor decide whether you need to adjust your plan

Avoiding hypos

Depending on the medicine that you are taking, you may occasionally suffer a 'hypo'. Your Doctor or the Practice Nurse will be able to advise you on this but to help avoid a hypo:

Eat on time! Missed or late meals are the most common cause of hypos.

Monitor blood sugar regularly; your medication may need to be adjusted.

Make sure your friends and family can recognise a hypo and know how to help you.

Before you drive

Do not drive unless you have tested your blood sugar before you set off and your levels are OK. Stop to test again and eat a snack every 2 hours. Keep snacks and glucose tablets in the car with you.



Talk to your pharmacist

Pharmacists are experts in drugs and their effects. They can advise you

- How often to take medication
- Whether to take it with meals or not
- What other drugs might not go with your diabetes medication
- Which over-the-counter drugs are best for you



Some final words

- Keep your appointments in the Diabetic clinic
- Keep your meter clean
- Check the expiry dates of your testing supplies
- Keep your testing supplies at room temperature.