ENDOCRINOLOGY & DIABETES UNIT
Diabetes Clinic: 604-875-2868
Toll-free Phone: 1-888-300-3088, x2868
Fax: 604-875-3231
dcnurse@cw.bc.ca
endodiab.bcchildrens.ca

DIABETES DISCHARGE INSTRUCTIONS

For: _____ **Date:** _____

- **BLOOD SUGAR:** Check 4 times a day; **before** breakfast, lunch, and dinner; and before the bedtime snack. Also check any time you suspect a low blood sugar.
- **INSULIN DOSES:**
  - **When your child is first discharged from hospital or the Diabetes Day Program**:
    - Call in once daily for insulin doses. Check the pre-dinner blood sugar before you call
    - Call **604-875-2161 (or toll-free 1-888-300-3088, x2161).** Ask the operator to page the Pediatric Endocrinologist (diabetes doctor for children) on call. The doctor will review the blood sugars and will give you an insulin dose for dinner and the next morning. This will continue for 2–3 weeks until the doctor tells you that you no longer need to call daily.
  - **When you are no longer calling the doctor daily:**
    - Fax (preferred method), phone, or e-mail one week of blood sugars to the Diabetes Clinic (numbers at top of page). Send the blood sugars in on Tuesday or Thursday.
    - A diabetes nurse will call you back to discuss a plan to assist you with further insulin dose adjustments (short term), and to help you learn how to adjust insulin on your own in the future.
    - When you send blood sugars, **please use our standard** *Blood Glucose Fax/E-mail Sheet for Type 1 Diabetes*, available on our website. Always include your child's name and a contact phone number. If you are not going to be home, please ensure that you have an answering machine or voicemail so we can leave a message.

      ⇒ Please use black or dark blue ink for any faxes.
- **LOW BLOOD SUGAR: If blood sugars are below 4.0** for two readings in a row, without a reason, call for advice.
- **IF YOUR CHILD IS SICK** and you need immediate advice, page the doctor on call. Check your child's **blood sugar and ketones before** calling. If your call is not urgent but you need information on sick-day management, call the Diabetes Clinic and leave a message that your child is sick. Your call will be returned as soon as possible. Refer to the handout *Managing Sick*

Days and Avoiding Ketoacidosis. If your child is sick on the weekend or in the evening, or if your concerns become urgent, page the doctor on call.

In case of EMERGENCY ONLY (24 hours):

Call **604-875-2161 (toll-free 1-888-300-3088, x2161)** and ask the operator to page the Pediatric Endocrinologist on call for diabetes.

If you have a non-urgent, general question, please leave a message at the Diabetes Clinic. Calls will be returned as time permits. Please do **not** use the emergency number.

RETURN APPOINTMENT:

At _____ on _____ with Dr. _____. This is in the Pediatric Diabetes Clinic (Area #12) on the 2nd floor of the **Ambulatory Care Building**, next to the Family Resource Library. Please bring your logbook and meter with you. The appointment will be about 2 hours long.

❖ **LEARNING TIP:**

Before your return appointment, complete the following:

- Learning package: *Getting Started with Adjusting Insulin*

and

- The first two learning modules of the *Insulin Dose Adjustment* online education program available on our website (address above). Click on "*For Families*" to access the online education program. If possible, complete all four modules.