

ENDOCRINOLOGY & DIABETES UNIT

Diabetes Clinic

Phone: 604-875-2868

Toll-free: 1-888-300-3088, x2868

Fax: 604-875-3231

<http://endodiab.bcchildrens.ca>



DATE: _____

DIABETES DISCHARGE INSTRUCTIONS FOR NEWLY DIAGNOSED PATIENTS

Blood Sugar: Check **daily before** breakfast, lunch, and dinner and **before** the bedtime snack. Also check if you think the blood sugar is low. Record blood sugars on the *Blood Glucose Log for New Patients*.

Insulin: Your child's current insulin doses are listed on the attached *Blood Glucose Log for New Patients*. This will also be emailed to you from dcnurse@cw.bc.ca as a fillable PDF form. Insulin doses will be changed as needed after your child is home.

- For the first few weeks after diagnosis, use the fillable form to report blood sugars for insulin dose adjustments.
- The subject line of your email should be **"New patient log for your child's name"**.
- Send your first email to dcnurse@cw.bc.ca on _____. We will respond within 2 to 3 business days.
- Blood sugars sent after 12 noon on Fridays will be responded to on Monday.

For Diabetes Emergencies call: 604-875-2161. Ask the operator for the Pediatric Diabetes Doctor (Pediatric Endocrinologist) on call. This 24-hour number is for **emergencies** only. Call if your child:

- is vomiting and you need advice on insulin doses
- has high blood sugar **and** ketones
- has had a severe low blood sugar requiring glucagon
- during the first month, call if there are 2 unexplained low blood sugars in a day as your child may be going into the "honeymoon period" and the insulin dose may need to be lowered

If you have a non-urgent question, please leave a message at the Diabetes Clinic (604-875-2868).

REMINDERS:

- If blood sugar is less than 4 mmol/L, treat with fast-acting sugar. Recheck blood sugar in 15 minutes. Repeat until blood sugar is above 4 mmol/L.
- Check for ketones during illness or if blood sugar is 15 mmol/L or more twice in a row.

RETURN APPOINTMENTS:

- **Diabetes Education** with Diabetes Nurse / Dietitian in the Day Program: at _____ on: _____ with: _____
- **Diabetes Clinic:** at _____ on _____ with Dr. _____
- The Diabetes Clinic is on the 2nd floor of the Ambulatory Care Building. This is in Area #12 next to the Family Resource Library. Please bring your logbook and meter with you. The appointment will be about 2 hours long. Parking can be challenging during construction, so plan to come 20 minutes early.

LEARNING TIPS:

- Learning to adjust insulin is important. With practice you can learn to adjust insulin on your own. Our [online insulin adjustment self-learning program](http://www.bcchildrens.ca/health-info/coping-support/diabetes/insulin-dose-adjustment) will help you learn to adjust insulin: www.bcchildrens.ca/health-info/coping-support/diabetes/insulin-dose-adjustment. Try to do the first 2 to 4 modules before your clinic visit.