

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 an important part of managing diabetes. 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 **Module #6 'Getting the most out of Basal/Bolus Insulin Therapy'** before your first clinic visit. *****Note-**Most of the links in this Module are not working. It is in the process of being updated. Until then, the handouts in the links can be found on the website: <http://endodiab.bcchildrens.ca>