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## DIABETES DISCHARGE INSTRUCTIONS FOR THE WEEKEND

**NOTE:** These instructions are for patients who will (1) come to 3F for insulin over the weekend and (2) return after the weekend for further diabetes education at the BCCH Diabetes Day Program. 3F is on the 3<sup>rd</sup> floor of BC Children's Hospital.

Name: \_\_\_\_\_

### 1. Blood Sugar Checks:

- Check blood sugar every day **before each meal** (breakfast, lunch, dinner) and **before the bedtime snack**.
- Record blood sugars in the book provided.

### 2. Ketone Checks:

- To be checked by the nurse when you come to the hospital for insulin.

### 3. Food:

- Eat 3 meals each day: breakfast, lunch, and dinner.
- Eat 3 snacks each day: mid-morning, mid-afternoon and bedtime.
- Avoid high-sugar drinks such as fruit juices or regular pop.

### 4. Insulin:

- Return to **3F** for insulin **before breakfast** and **before dinner** on Saturday and Sunday. A nurse will give the insulin.
  - ▶ If it is a long weekend, you will also need to return to the hospital for insulin on \_\_\_\_\_ Friday / \_\_\_\_\_ Monday.
- Arrive by 8:30 AM for the morning insulin and by 5:00 PM for the evening insulin.
- Your child will be given breakfast and dinner at the hospital. These must be eaten before leaving 3F. You will also be given a "brown-bag" morning snack and bedtime snack to take with you.
- **NOTE:** Your child should not eat breakfast before you arrive for the morning insulin. Water is OK to drink.

**5. Low Blood Sugar (Hypoglycemia) Prevention and Treatment:**

- Eat all meals and snacks
- Carry a supply of glucose with you at all times. You will be given some glucose tablets or fruit juice and a snack to keep with you for treatment of low blood sugar.
- If the blood sugar is less than 4, **immediately** treat as you have been taught by your nurse.
- Inform the diabetes doctor on call about any low blood sugar after you have treated it.

**In Case of an Emergency:**

- You can reach the doctor on call by phoning 604-875-2161, or use the toll free number: 1-888-300-3088. Ask for the pediatric diabetes doctor on call for Children's Hospital.
- Contact the doctor if your child is throwing up.
- If your child has a low blood sugar (blood sugar less than 4), treat the low blood sugar right away and then call the diabetes doctor for further advice.

**Diabetes Education Appointment:**

Return on Monday for the Diabetes Education Program at the BCCH Diabetes Day Program.

- Location: Medical Day Unit, 2<sup>nd</sup> Floor, BC Children's Hospital.
- Arrive by 8 AM. Your child should not eat breakfast before you arrive. Water is OK to drink.

When you arrive at the Diabetes Day Program, your child's blood sugar will be checked and his/her insulin will be given. Breakfast will be provided.

- The Diabetes Day Program education is about 3 days long. It starts at 8 AM and finishes at about 5:30 PM (after your child has eaten dinner).

**Things to Bring with You to 3F and the Diabetes Day Program:**

- Child's blue hospital card
- Insulin
- Blood glucose meter, supplies and record
- Hypoglycemia treatment kit

**Other:** \_\_\_\_\_  
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