11 Measuring my blood sugar

You always need to know if you have too much or too little sugar in your blood.

1. When you wake up, before breakfast.
2. 2 hours after you eat breakfast.
3. In the evening, before you eat dinner.
4. Before you go to sleep.

A healthy blood sugar level is between 4.5 and 10 mmol/l (80 and 180 mg/dl).*

You must always bring your glucometer and diabetes diary when you go to the clinic.

We give you a glucometer, strips, a diabetes diary, lancets and a lancing device.


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12 How to use my glucometer

Testing my blood sugar is important and easy.

To test my blood sugar, I need to get some things ready. I need: soap, a lancing device and lancet, glucometer and strips and my diabetes diary.

Wash your hands with soap

Less than 30 seconds later the glucometer will show a number. This is my blood sugar level. I must write this number down in my diabetes diary.

Insert the strip into the glucometer

Put a small drop of blood on the strip

Prick your finger with the lancet

I must always remember to take my glucometer and diabetes diary with me to the clinic and give it to the nurse. This helps her help me!
13 High blood sugar (hyperglycaemia) and how to recognise it

You probably have hyperglycaemia if you:
- are very thirsty all the time
- need to urinate a lot
- have blurry vision
- are very tired all the time

If it is a serious case of high blood sugar you might also experience:
- nausea
- stomach pains
- abnormal breathing
- breath that smells like alcohol
- loss of consciousness

If my blood sugar gets too high, I can get hyperglycaemia.

Check your blood glucose level to confirm high blood sugar (hyperglycaemia).

If you have any of these signs - you should go to the clinic!
Why do I get high blood sugar (hyperglycaemia)?

When you have diabetes your blood sugar level can get too high, this is called hyperglycaemia.

You can get high blood sugar when:

- You have taken too little insulin or missed an injection.
- You have taken insulin that was bad because it was too old or not stored correctly.
- You have eaten too much food.
- You have been less physically active than usual.
- You have an infection or fever.
- You have taken too little insulin or missed an injection.
- You have been less physically active than usual.
- You have an infection or fever.
15 How to treat high blood sugar (hyperglycaemia)

Most cases of high blood sugar are easily treated.

To treat high blood sugar you should:
1. Measure your blood glucose
2. Take short acting insulin
3. Measure your blood glucose again after 2 hours

HIGH BLOOD SUGAR

If my blood glucose is between 11 and 22 mmol (200 and 400mg/dl)

I must take extra insulin.
You must measure your blood sugar after 2 hours.

If your blood sugar is still high:
1. repeat the extra dose
2. contact your doctor or nurse.

SEVERE BLOOD SUGAR

If your blood glucose is more than 22 mmol (400mg/dl)

You should contact the clinic quickly!

Ask you doctor or nurse how much extra insulin you should take.

REMEmBER:
You should always drink a lot of water.

Contact your doctor or nurse if you are not sure of what to do.
16 Taking care of my feet

It is important to take care of my feet - not doing so can lead to complications.

1. I check my feet everyday.
2. Wash your feet everyday.
3. Dry your feet properly.
4. Put lotion on your feet.

- Check your feet for: cuts, sores, red spots, swelling and infected toenails.
- Red spots
- Swelling
- Infected toenails
- Cuts
- Sores

Keep your nails short and clean
Put your feet up to rest
Check your feet for:

Always wear shoes
Put your feet up to rest
Be active

- Cuts
- Sores
- Red spots
- Swelling
- Infected toenails

I wash my feet everyday.
Dry my feet properly.
Put lotion on my feet.

Ask your nurse or doctor to check your feet with you.

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Living with diabetes

Even with diabetes, I can still take part in all normal activities.

Reduce your insulin if you will be more active than usual.

Reduce your insulin if you will be walking long distances.

Reduce your insulin if you eat less food or no food.

Increase your insulin if you will be eating more than usual.

Increase your insulin if you are more physically active than normal, without planning for it. You should eat foods or drink liquids that are rich in sugar.

Activities are not always planned. You also have to make sure that you always have your medicine and equipment with you, if you are away from home for more than 6 hours. You should always carry some sugar with you in case of low blood sugar.

Reducing and increasing insulin levels can be necessary if your blood sugar levels change.