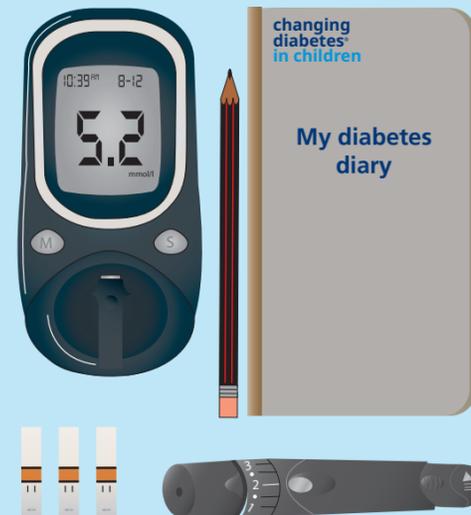


11 Measuring my blood sugar



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




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



AT LEAST 4 X

You must use your glucometer at least 4 times a day and write down the number you get.



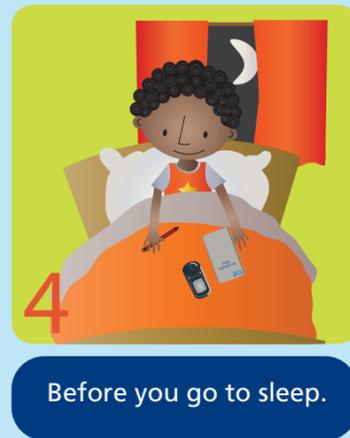
1 When you wake up, before breakfast.



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).*



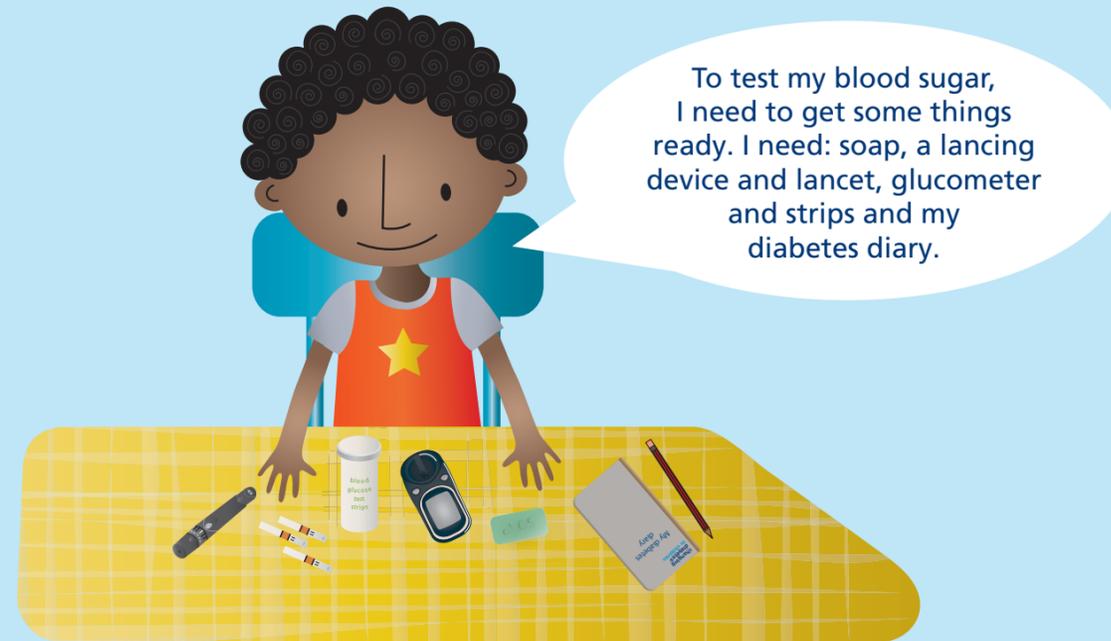
You must always bring your glucometer and diabetes diary when you go to the clinic.



* Post prandial blood glucose - 2011 Global IDF/ISPAD Guideline for Diabetes in Children and Adolescence (http://www.ispad.org/NewsFiles/IDF-ISPAD_Diabetes_in_Childhood_and%20Adolescence_Guidelines_2011.pdf).

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12 How to use my glucometer



Wash your hands with soap



Insert the strip into the glucometer



Prick your finger with the lancet



Put a small drop of blood on the strip

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.



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!



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13 High blood sugar (hyperglycaemia) and how to recognise it



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

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



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



have a dry mouth

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

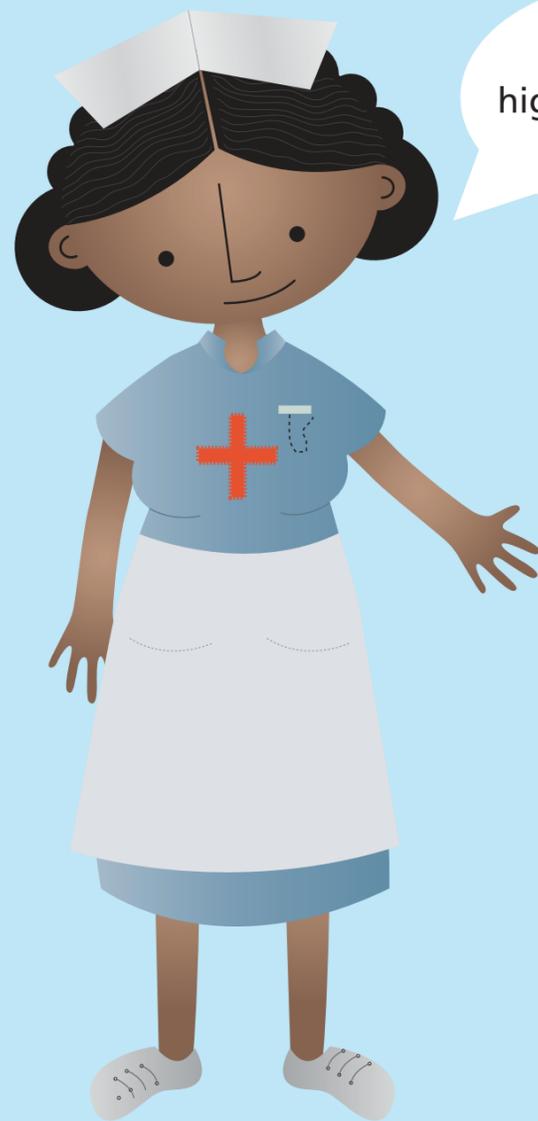


If you have any of these signs - you should go to the clinic!

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14 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.

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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)

Contact your doctor or nurse if you are not sure of what to do.

I must take extra insulin.

You must measure your blood sugar after 2 hours.

If your blood sugar is still high:

- repeat the extra dose
- contact your doctor or nurse

REMEMBER: You should always drink a lot of water.

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

SEVERE BLOOD SUGAR

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

You should contact the clinic quickly!

I must take insulin immediately - 10% of my total daily dose.

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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.

Check your feet for: cuts, sores, red spots, swelling and infected toenails.

Keep your nails short and clean

Put your feet up to rest

2

Wash your feet everyday

3

Dry your feet properly

4

Put lotion on your feet

Always wear shoes

Be active

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

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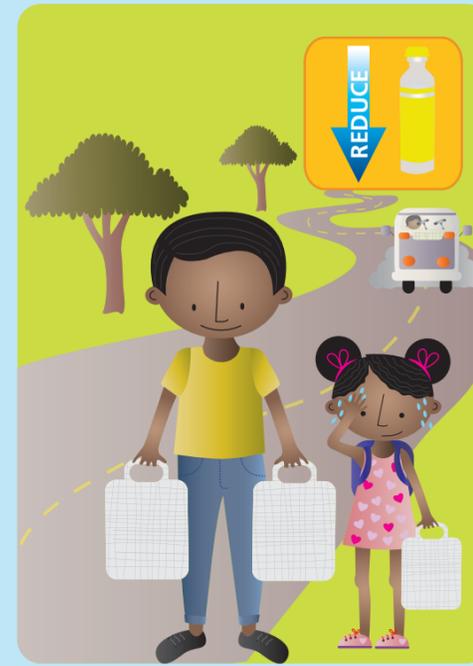
17 Living with diabetes



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.



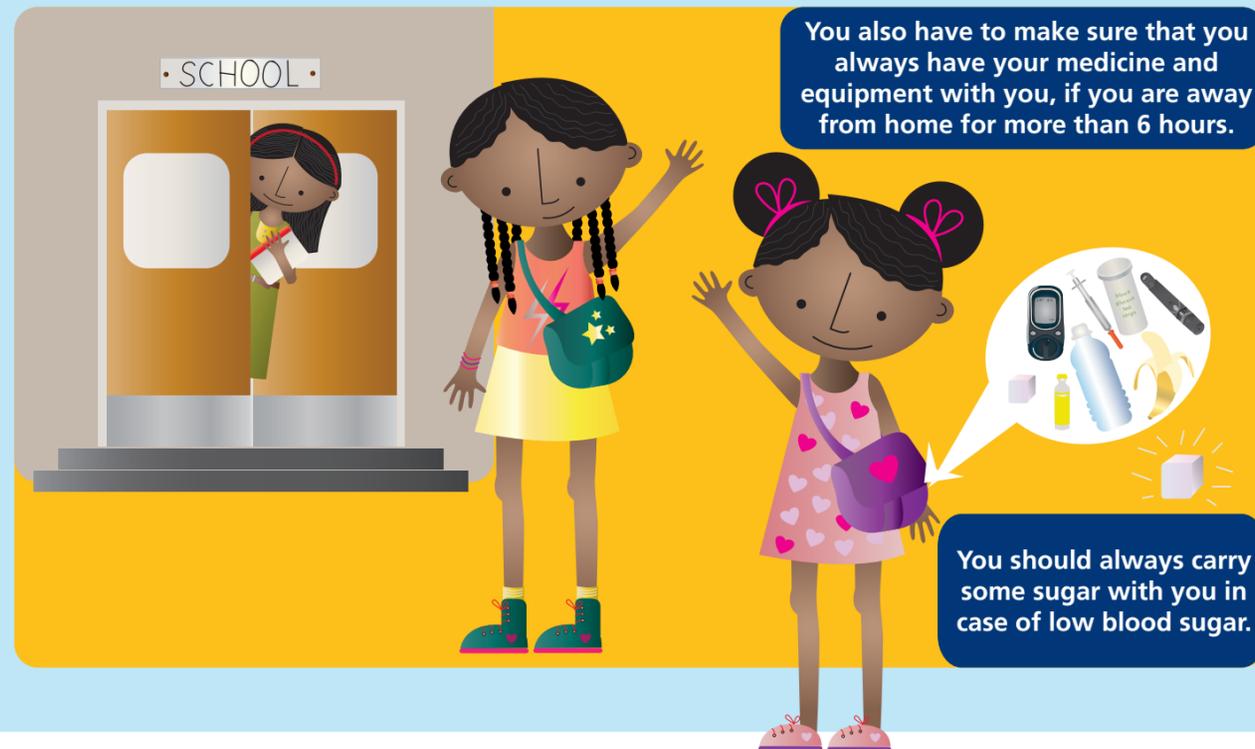
Reduce your insulin if you eat less food or no food.



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



Activities are not always planned, and if you are more physically active than normal, without planning for it, you should eat foods or drink liquids that are rich in sugar.



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.

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