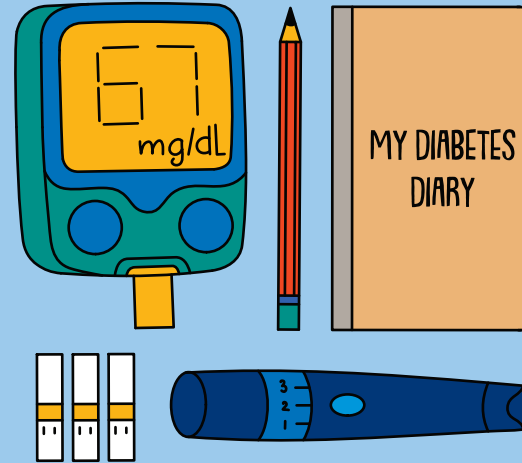


11 Where should I inject insulin?



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

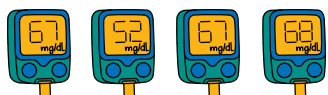


We give you a glucometer, strips, a diabetes diary, lancets and a lancing device.



AT
LEAST
4 X

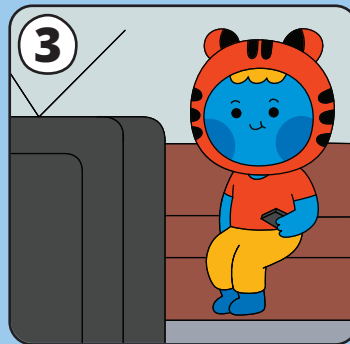
You must use your glucometer at least 4 times a day and write down the number you get.



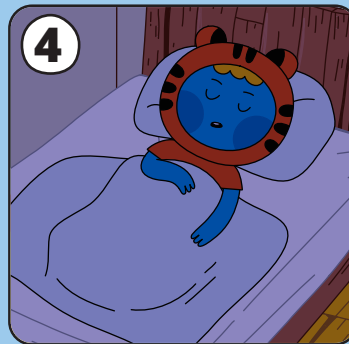
1 When you wake up, before breakfast.



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).*

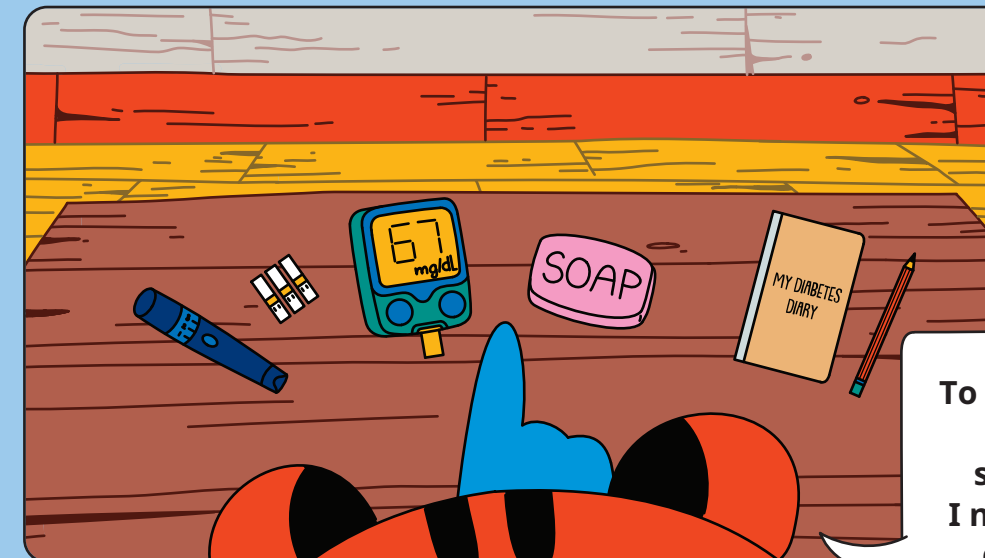


You must always bring your glucometer and diabetes diary when you go to the clinic.

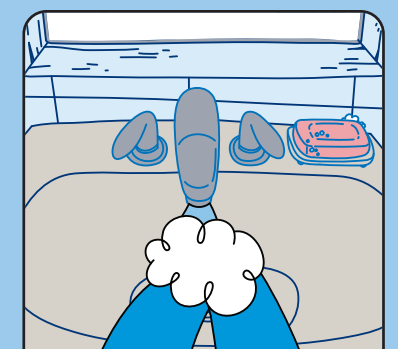
12 How to use my glucometer



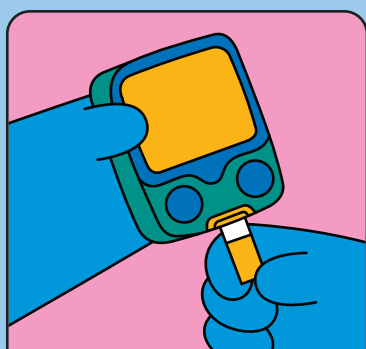
Testing my blood sugar is important and easy.



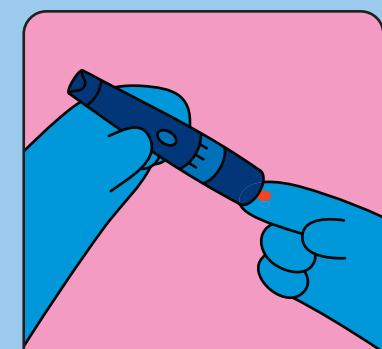
To test my blood sugar, I need to get some things ready. I need: soap, a lancing device and lancet, glucometer and strips and my diabetes diary.



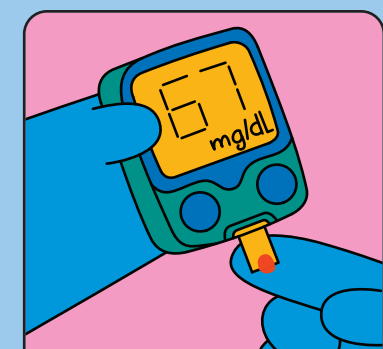
Wash your hands with soap



Insert the strip into the glucometer

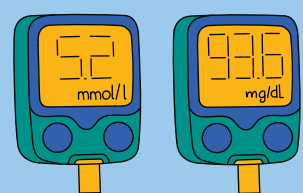


Prick your finger with the lancet



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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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



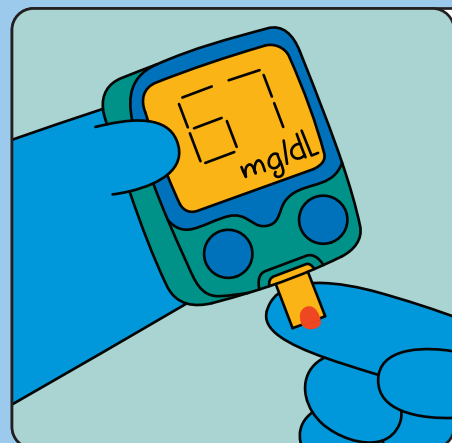
Need to urinate a lot



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:



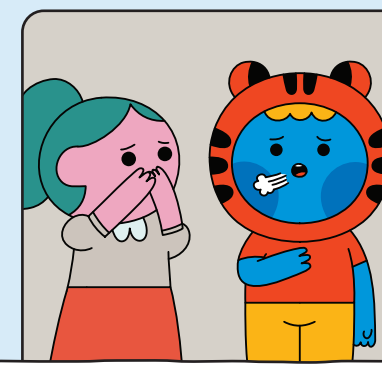
Nausea



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!

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:



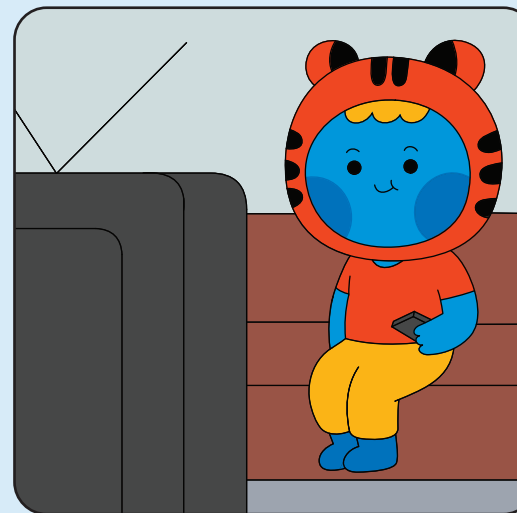
You have taken too little
insulin or missed an injection.



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.



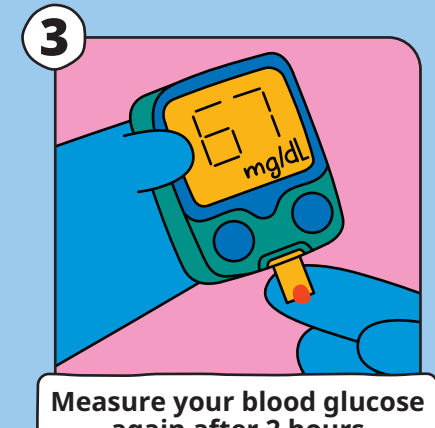
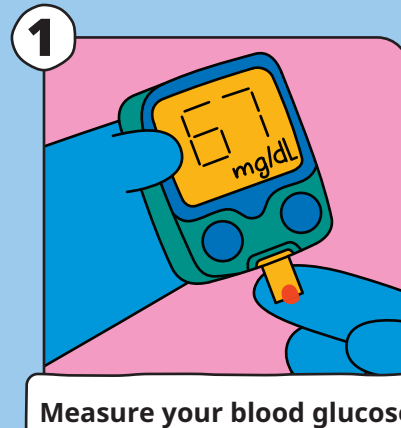
You have an infection or fever.

15 How to treat high blood sugar (hyperglycaemia)?

Most cases
of high blood
sugar are
easily treated.



To treat high blood sugar
you should:



HIGH BLOOD SUGAR

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

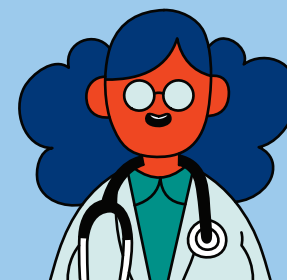
Contact your doctor or
nurse if you are not sure
of what to do.

I must
take extra
insulin.

You must
measure
your blood
sugar after
2 hours.

If your
blood sugar is
still high:

1. repeat the
extra dose
2. contact
your doctor
or nurse



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



REMEMBER:
You should
always drink a
lot of water.

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.



16 Taking care of my feet

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

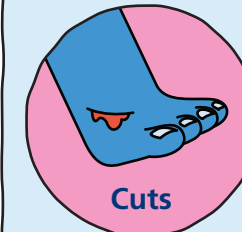


1

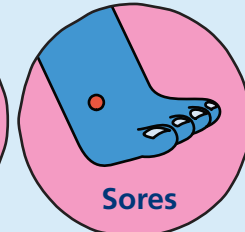


I check
my feet
everyday.

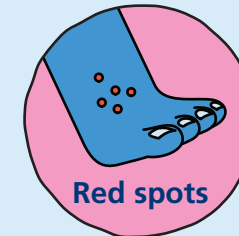
Check your
feet for: cuts,
sores,
red spots,
swelling
and infected
toenails.



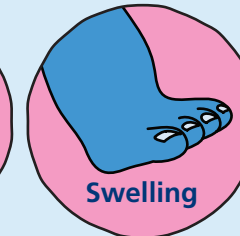
Cuts



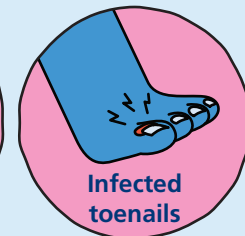
Sores



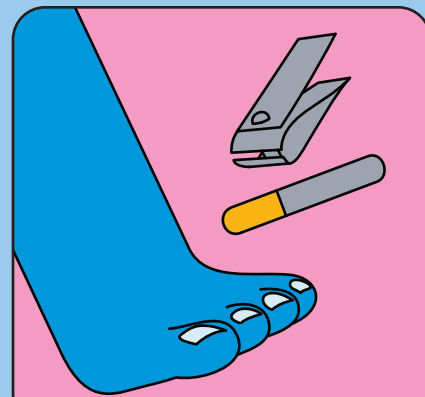
Red spots



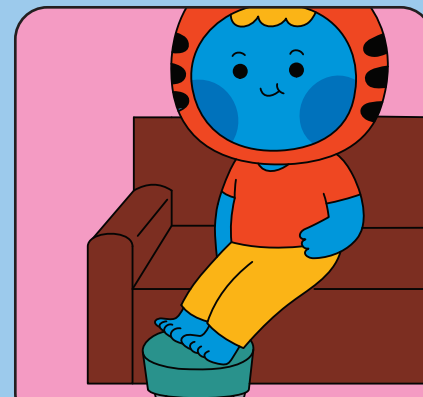
Swelling



Infected
toenails

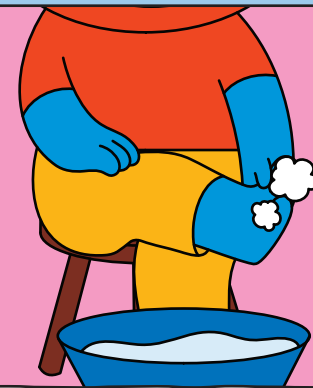


Keep your nails short and clean



Put your feet up to rest

2



Wash your feet everyday

3

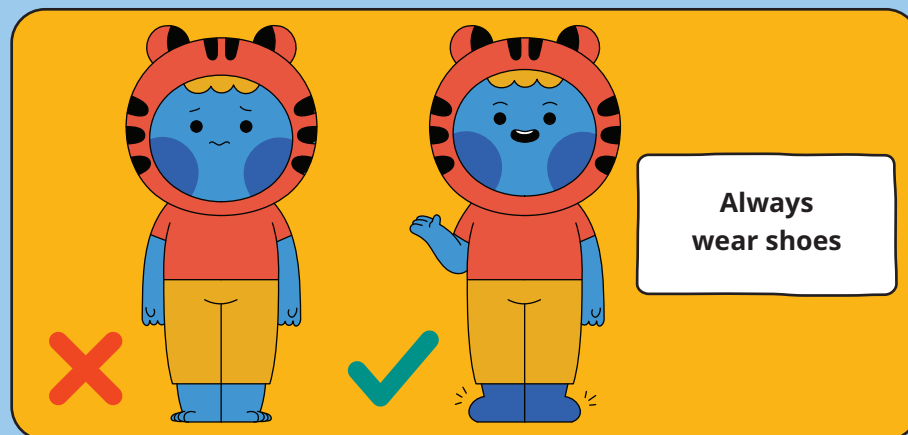


Dry your feet properly

4



Put lotion on your feet



Always
wear shoes



Be active



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

17 Living with diabetes



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.

