

Residential School Trips-Children with Diabetes

Most children will have an injection before meals plus an injection of background insulin once a day. They may or may not require snacks- please check with parents.

Pre-meal insulins-Novorapid/Humalog- small or no snack, should inject before food.N.B Small snack 10-15grms carbs e.g. an apple, a digestive biscuit

Daily Routine

Pre- Breakfast:

- Blood Glucose Reading
- Insulin injection
- Breakfast- should include starchy carbohydrate e.g. cereals, toast, yoghurt, fruit, milk.

ENSURE CARRYING GLUCOSE BEFORE LEAVING FOR MORNING ACTIVITIES. ALSO TAKE SNACK FOR MID MORNING IF NECESSARY

Mid morning (2.5- 3hours after breakfast)

Snack - optional

Lunch

Will check blood glucose pre- lunch, particularly if having injection.

Mid afternoon (2.5- 3 hours after lunch)

Snack – as morning.

Pre Tea

- Blood Glucose
- Insulin injection as breakfast. Some children may also have a second injection at this time then rather than one at bedtime.

Tea/Evening Meal

E.G. Pasta, rice, potatoes, bread, fruit, yoghurt- i.e. the meal should include starchy carbohydrate.

Pre Bed Snack

- Blood glucose
 - Insulin Injection if applicable
- E.G. Milk, cereal, sandwiches, biscuits, crisps. *N.B*
- *SHOULD HAVE EXTRA SNACK IF BLOOD GLUCOSE IS BELOW 7.*
 - *THIS SNACK SHOULD BE GIVEN AT ABOUT 8.30 P.M. IF GOING TO BE UP MUCH LATER WILL REQUIRE ADDITIONAL SNACK.*
 - *PRE- BED INSULIN CAN BE GIVEN EITHER BEFORE OR AFTER SNACK.*
 - *CHILD MUST HAVE SOME FORM OF GLUCOSE AT BEDSIDE.*

PLEASE REMEMBER

- Child must always carry glucose and follow this with starchy carbohydrate when “Hypo”.
- Insulin injections should be supervised.
- Blood glucose readings (a general guide):
Under 5- if frequent needs reduction of insulin dose (below 4 treat as “hypo”).
5-10 – perfect
10-15- acceptable
15-20- O.K. occasionally.
Above 20- particularly if more than once- call for advice.
- **IF YOU HAVE ANY PROBLEMS PLEASE CONTACT THE DIABETES NURSES – 0131 536 0375 Mon- Fri 8.30-4.30 or the 24 hour advice line 0131 536 0701.(Ward 1) PLEASE ALSO CONTACT THE CHILD’S PARENTS.**

PLEASE HAVE A GOOD TRIP AND REMEMBER THAT PERFECT BLOOD GLUCOSE CONTROL IS NOT ESSENTIAL. THE AIM IS FOR A HAPPY TRIP WHERE THE DIABETES DOES NOT GET IN THE WAY!!

CURRENT INSULIN REGIMEN (Parent to complete and tick as applicable)

Pre-breakfast.....

Pre-lunch.....

Pre-tea.....

Pre/Post tea long acting insulin.....

Pre-bed.....

NOTES