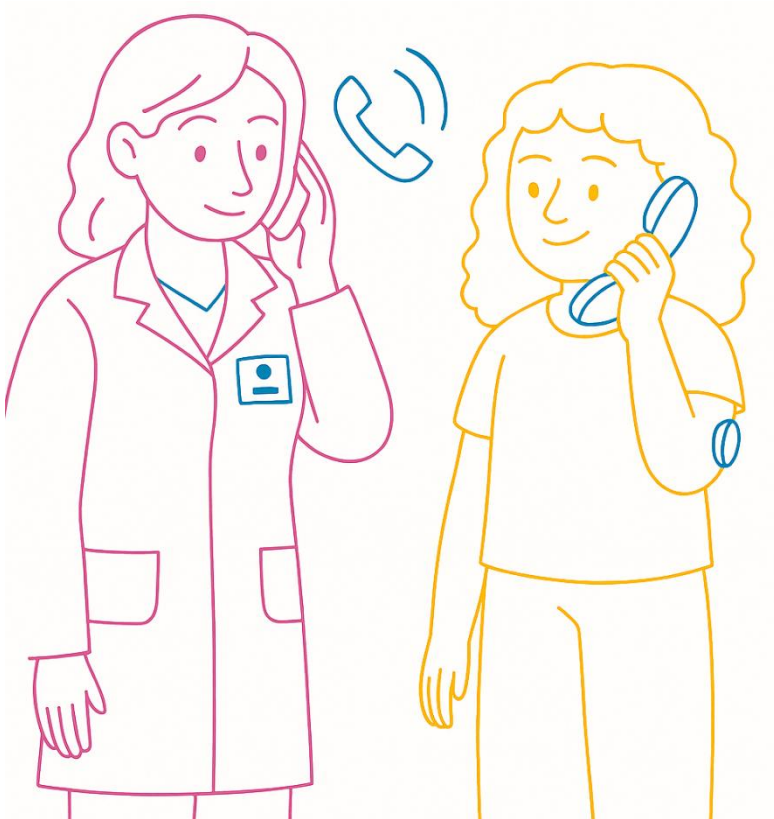


# Advice for Children, Young People and Parents

Information for patients, relatives and carers

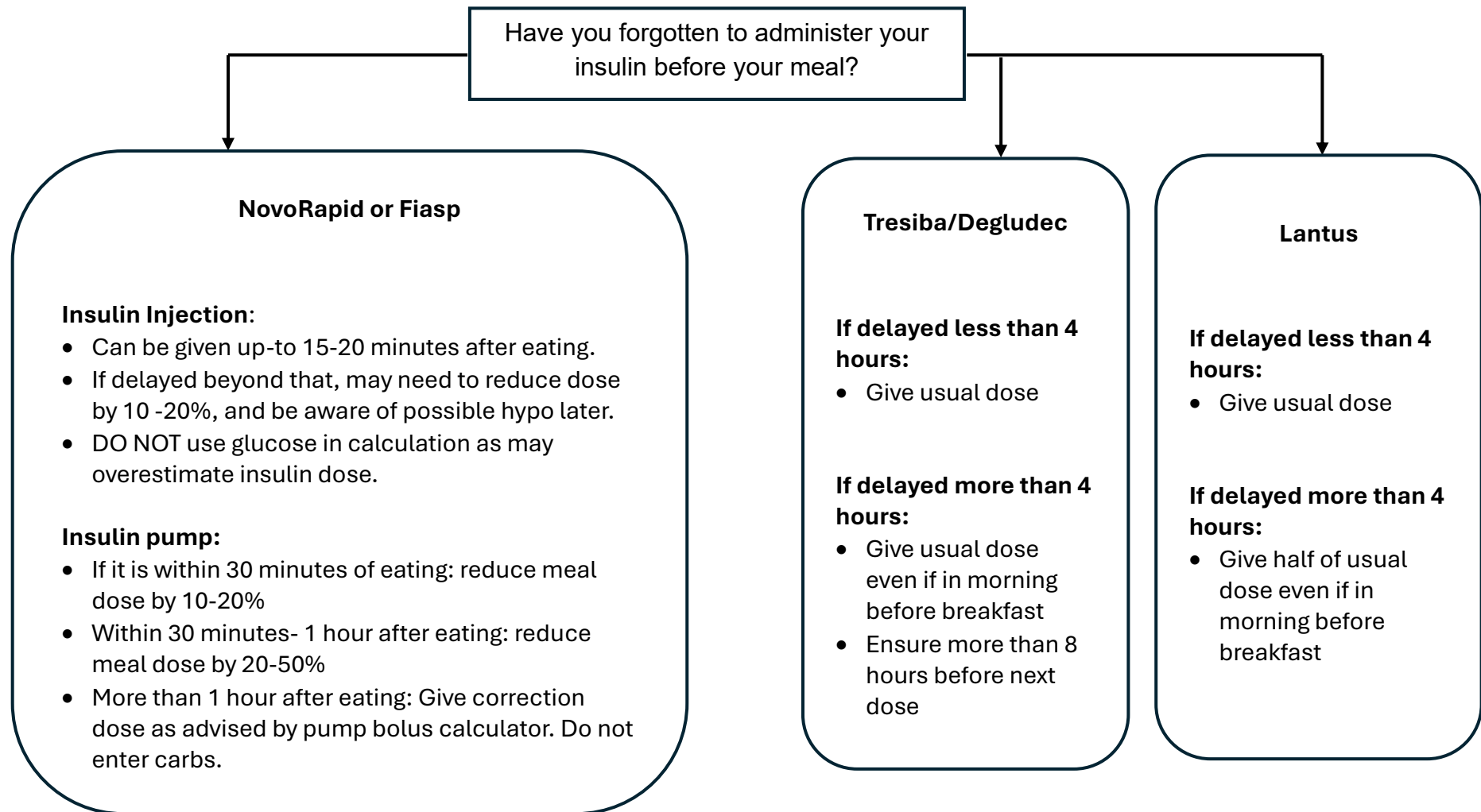


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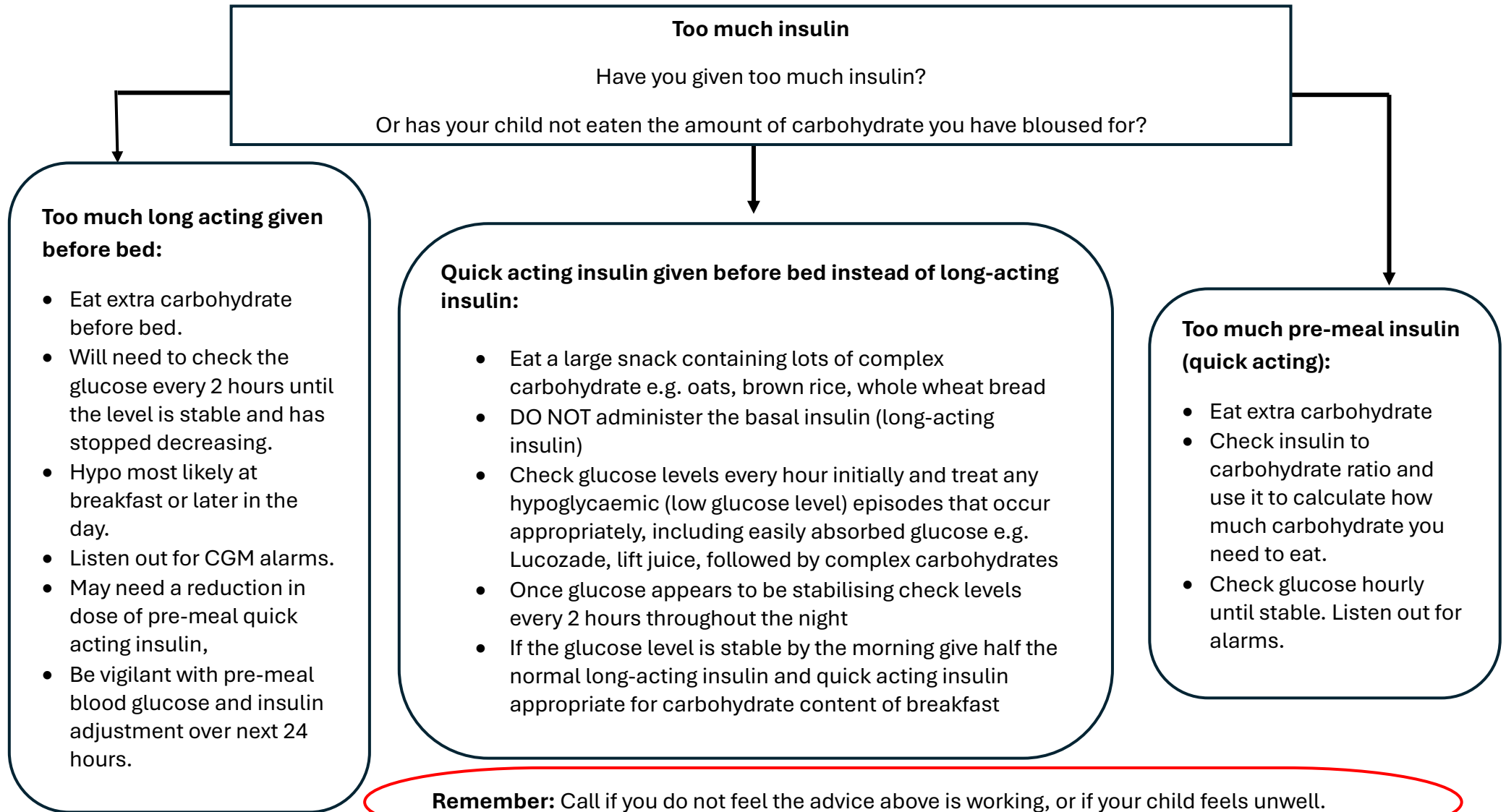


# Have you missed Insulin?



You will need to be aware of the increased risk of hyperglycaemia (high glucose level) and monitor blood glucose levels more closely.

## Have you given too much Insulin?



## Have you noticed insulin leaking before or during administration?

Insulin Leaked during or after administration?

### Insulin Injections:

#### Pre Meal Insulin (NovoRapid or Fiasp)

- Monitor the glucose 2 hours post meal
- Give a correction dose of insulin as necessary using the MyLife/ bolus advisor app or correction ratios.

#### Night-time long-acting insulin (Degludec, Tresiba, Lantus)

- Glucose levels may run a little high the next day.
- The My Life app will suggest an insulin dose for meals including correction dose if necessary.
- Corrections to be given up to every 2 hours as required.

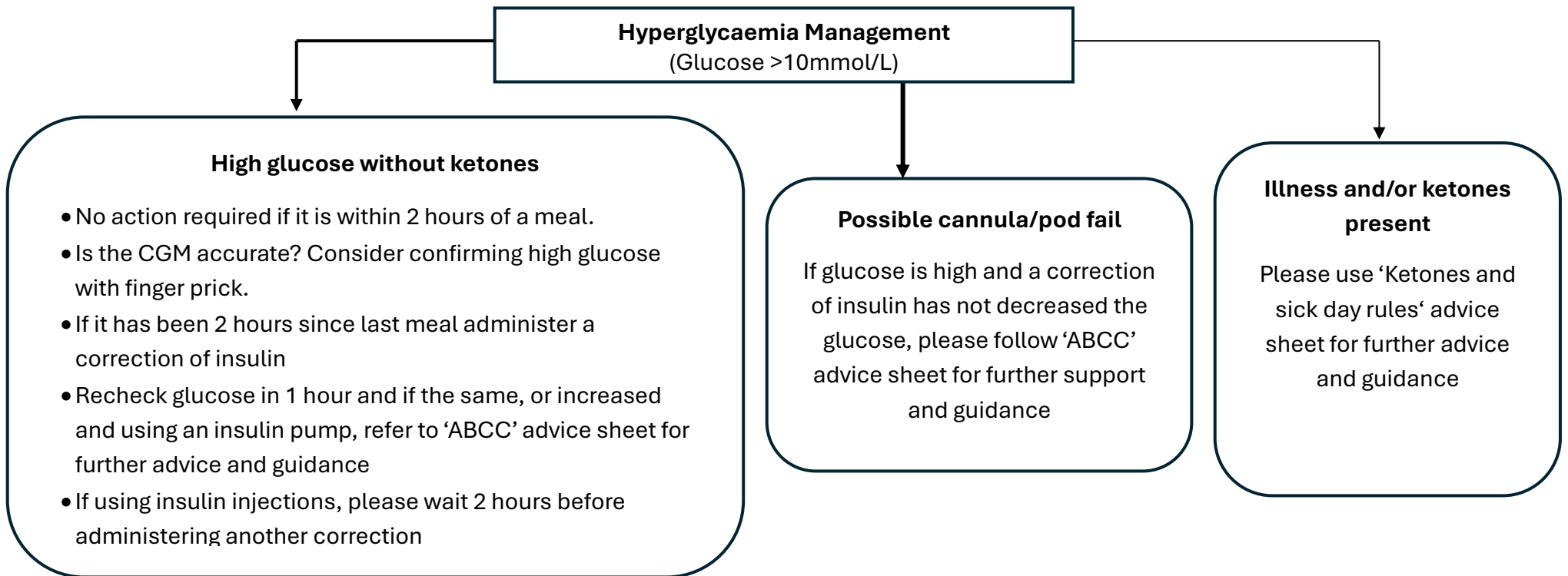
### Insulin Pump (HCL):

- If insulin is leaking you need to change the pump cannula/pod and giving set.
- Refer to ABCC flowchart and sick day rules if required.
- May need to administer a correction of insulin via the pen for ketones before carrying out set change.
- Please refer to sick day rules.
- Usually, change the cannula before a meal in the afternoon/early evening to ensure you have time to check it is working well before bed.
- If they choose to change the cannula in the evening after dinner, it is important to advise them to check their blood glucose level 2-3 hours after insertion to ensure it is working.

### Hybrid Closed Loop pump:

As above, however family should be aware that any increased basal or corrections given by the pump may also have leaked and therefore IOB may be inaccurate. Monitor glucose levels closely over the next 4-6 hours. Do not override the pump bolus calculator if it is uncertain how much insulin has leaked.

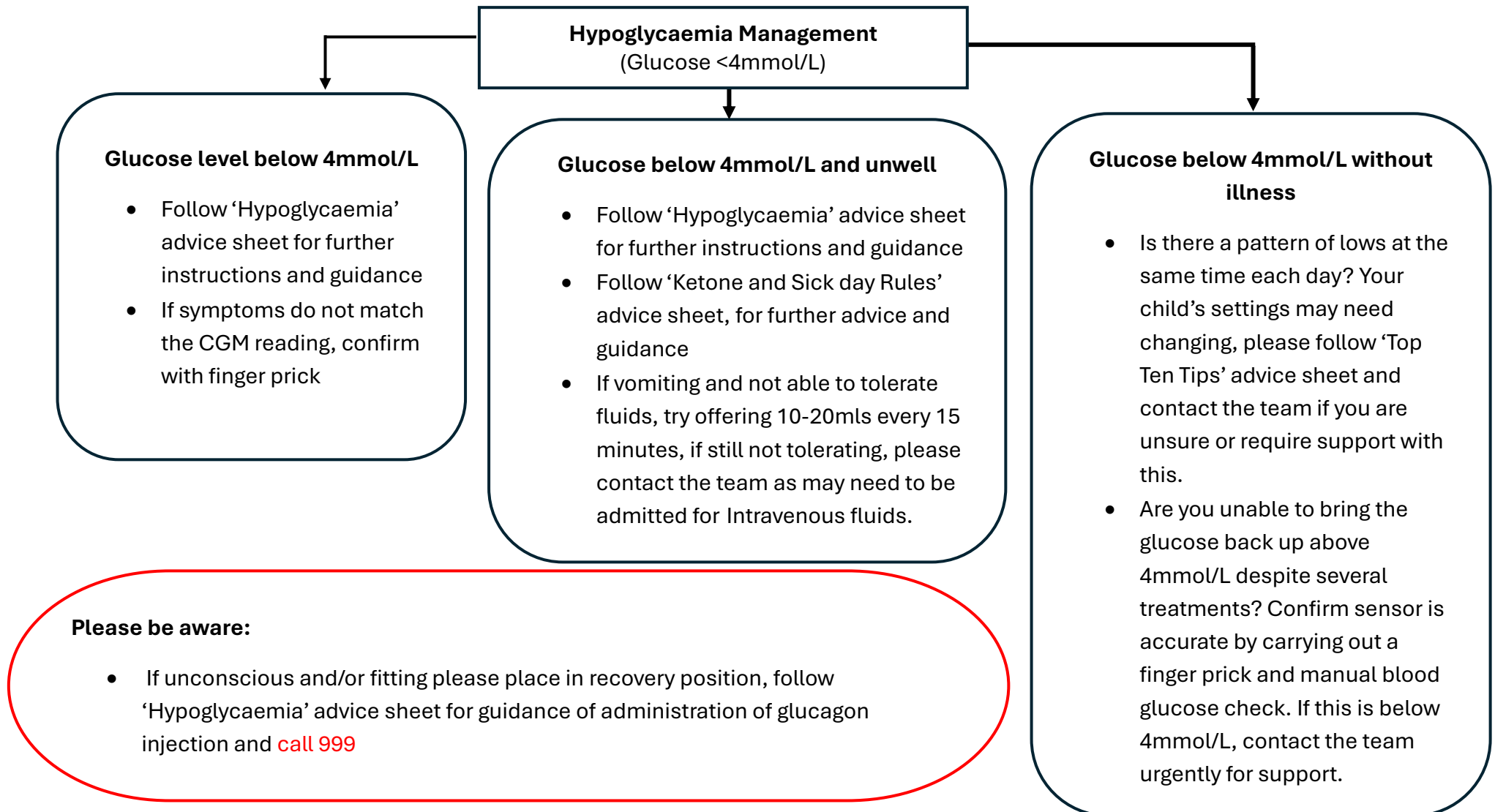
## Hyperglycaemia Management-High glucose level



### Always consider:

- Is the insulin working? (In date, not been exposed to sunlight, cold or hot temperatures)
- If there is a pattern of high glucose levels, requiring correction doses of insulin, refer to 'Top Ten Tips' advice sheet for further advice and guidance. Contact the team if you require further support with this.
- Type of food-if it has a high glycaemic index it can cause a high glucose initially, but it will come down without a correction
- Always check ketones if glucose is high for more than 2 hours following a correction of insulin, and/or unwell.

## Hypoglycaemia Management-Low glucose level



## Alcohol Management

Is your child/young person unconscious or uncooperative or persistently vomiting?

Yes

### Unconscious or uncooperative:

- Place in recovery position
- Call 999- explain that they have type 1 diabetes as well as being unconscious/uncooperative.
- Check glucose level
  - If low go to page 6
  - If high go to page 7

### Vomiting persistently:

- Take them to A&E ASAP
- Check glucose level
  - If low go to page 6
  - If high go to page 7

No

### Glucose 10mmol/L and above

- Monitor glucose hourly.
- Ensure alarms are set correctly and are on the highest volume
- Administer a correction of insulin
- Re check in 1 hour
- Glucose may drop later on
- Follow advice on page on 6 as well as alcohol management.

### Glucose 4-10mmol/L

- Monitor glucose hourly.
- Ensure alarms are set correctly and are on the highest volume
- Consider setting the following overnight:
  - ✓ OmniPod 5: Activity mode
  - ✓ CamAPS: Ease off
  - ✓ Tandem: sleep mode
  - ✓ Insulin injections, consider reducing the basal insulin before bed by 10-20% and/or eating a snack without insulin such as a slice of cheese on toast.
- Consider sipping on Lucozade or hypo treatment to maintain glucose within target range (4-10mmol/L)
- Follow advice on page on 7 as well as alcohol management.

- Alcohol affects blood glucose differently in different people.
- Because it contains carbohydrate it will usually make blood glucose rise whilst the young person is drinking it but generally glucose levels will drop later on.

## Diabetes Technology

### Diabetes Technology Technical advice:

Please call the relevant company to report or discuss

- Sensor and pod failures or replacements.
- If there is a technical issue such as the sensor not picking up readings, or the CGM is not speaking to the insulin pump
- If there is a discrepancy in sensor reading and blood glucose, but please first consider whether the glucose is dropping quickly as there is up to a 5minute lag.
- If you are unsure how to set up a new PDM/insulin pump, they will guide you through this, they will just need you to access Glooko to share the last pump settings.
- If you have forgotten your username or password.

### When to call the diabetes team:

- Please call the diabetes team if the cannula/pod has failed and you or your child's glucose level is high and you are not able to bring it down, and/or ketones develop and do not clear after using the sick day rules patient advice sheet.





### Customer Services for CGM & Pump

<b>Dexcom</b>	0800 031 5763 <a href="https://dexcom-intl.custhelp.com/app/support_request">https://dexcom-intl.custhelp.com/app/support_request</a>	Monday-Friday: 7am-6pm Saturday, Sunday & Bank Holidays: 8am-4.30pm
<b>Abbot (Libre)</b>	0800 170 1177 <a href="mailto:ADChelpuk@abbott.com">ADChelpuk@abbott.com</a>	Monday-Friday: 8am-8pm Saturday, Sunday & Bank Holidays: 9am-5pm
<b>Omnipod</b>	0800 011 6132 <a href="https://www.omnipod.com/en-gb/contact-us">https://www.omnipod.com/en-gb/contact-us</a>	24 hours a day, 7 days a week.
<b>Tandem</b>	0808 196 7431 <a href="mailto:orderuk@tandemdiabetes.com">orderuk@tandemdiabetes.com</a>	24 hours a day, 7 days a week.
<b>Ypso</b>	0344 856 7820 <a href="mailto:info@mylife-diabetescare.co.uk">info@mylife-diabetescare.co.uk</a>	24 hours a day, 7 days a week.
<b>Medtronic</b>	01923205167 <a href="https://www.medtronic-diabetes.com/en-gb/contact">https://www.medtronic-diabetes.com/en-gb/contact</a>	24 hours a day, 7 days a week.
<b>Glooko</b>	0207 7958191 <a href="mailto:help@glooko.com">help@glooko.com</a>	
<b>My Life</b>	0344 8567820 <a href="mailto:Info@mylife-diabetescare.co.uk">Info@mylife-diabetescare.co.uk</a>	

## Insulin Supplies

If you do not have any insulin supplies left, please **call 111** and they should be able to issue an emergency prescription for you.

For a translation of this leaflet or to access this information in another format including:

Large Print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

### Frimley Park Hospital

**Telephone:** 0300 613 6530

**Email:** [fhft.palsfrimleypark@nhs.net](mailto:fhft.palsfrimleypark@nhs.net)

### Wexham Park and Heatherwood Hospitals

**Telephone:** 0300 615 3365

**Email:** [fhft.palswexhampark@nhs.net](mailto:fhft.palswexhampark@nhs.net)

<b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey GU16 7UJ	<b>Heatherwood Hospital</b> Brook Avenue Ascot Berkshire SL5 7GB	<b>Wexham Park Hospital</b> Wexham Street Slough Berkshire SL2 4HL
<b>Switchboard:</b> 0300 614 5000		<b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a>

<b>Title of leaflet</b>	Telephone Advice for Children, Young People and Parents				
<b>Author</b>	Carolyn Hill	<b>Department</b>	Paediatrics		
<b>Ref. no</b>	XXX	<b>Issue date</b>	21 May 2026	<b>Review date</b>	21 May 2029

#### Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.