

Hospital patients with diabetes

Care support information

It is important that your diabetes is cared for throughout your hospital stay. These tips will help you make sure that happens.

- Talk to your doctor or nurse if you have any worries about your diabetes. And agree a plan for managing it while you're in hospital.
- Plan ahead and speak to your doctor or nurse about your discharge from hospital and managing your future diabetes care.



Your nurses and doctors should make sure you get:

- A foot examination to help keep your feet healthy.
- Support with self-management of medications, including insulin, and blood glucose (sugar) monitoring if you want to do this.
- Advice about avoiding and managing low blood sugars (hypos) or high blood sugars (hypers).
- Help in choosing meals and snacks, and making sure meal times are convenient.
- Seen by the diabetes inpatient team, if required.



The diabetes inpatient team is here to help you while you're in hospital. Ask the ward staff to contact them if you need their support.

Diabetes inpatient team contact details

Name **Telephone**

Location **Email**

For information or support, you can call the Diabetes UK Helpline on **0345 123 2399*** Monday to Friday, 9am to 6pm or go to **www.diabetes.org.uk**

*Calls may be recorded for quality and training purposes.