

Leaflet produced by
Diabetes nurses, QEH, King's Lynn.

If you have any questions please free to ask
the Diabetes Nurses, your Nurse, Doctors or
the Ward Pharmacist.



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Patient Information

Self-administration of insulin on the ward



At the Queen Elizabeth Hospital we want to encourage you to administer your own insulin if you are able to do so but it is not compulsory

This leaflet explains how the 'Self-administration of insulin' scheme works and your responsibilities. You will be asked to sign a form as proof of your agreement to self-administer and that you are willing to adhere to the following guidelines

- Inform your nurse when you have administered your insulin and how many units you gave.
- You may use your own blood glucose meter to monitor your blood glucose levels but your meter will need to be quality controlled by the diabetes team prior to you doing this. You need to inform your nurse of your results.
- Please be aware that whilst in hospital the nursing team will need to also use their meter to record your blood glucose levels. This is a legal requirement.
- Inform your nurse if you are experiencing problems in managing your blood glucose levels or you feel unwell.
- Inform nursing staff if you are experiencing hypoglycaemia (hypos) - a blood glucose less than 4mmol/L. Hypo treatment is available from the ward, please ask the nurses if you would like some either for immediate use or to have at your bedside.
- Please ensure that you have sufficient insulin needles. Please arrange for some to be brought in from home. If this is not possible they can be ordered from pharmacy.
- Always put your needles and lancets in a sharps bin which the nursing staff will provide.
- Your insulin should be stored in your medication box which is located at your bedside. Please ask the nurse or ward pharmacist to show you how to make your individual code to access the medication box.
- Any unopened/spare insulin should be stored in the ward drug fridge. Please give this to the nurse looking after you but remember to take it with you on discharge.
- If you usually carbohydrate count, there is a guide to the carbohydrate content of hospital food. If you would like a copy please ask ward staff/ diabetes team.
- Please tell the ward nurses if at any time you feel too unwell or unable to administer your own insulin.
- Please inform nursing staff if you would like to see a diabetes nurse during your stay