

Being in control of your insulin

Introduction

This leaflet has been written to give you information on how to manage your insulin. Being in control allows you to take a more active role with regards to your insulin while you are in hospital.

Self-administration

On this ward we want to help you to manage your own insulin, using a system known as self-administration. This means storing your insulin and taking the right dose at the right time.

Self-administration will help you to understand your medicines and the reasons for using them. It will also help you to manage your insulin when you leave the hospital.

Self-administration is not something that you have to do. If you choose not to take part, a nurse will give you your insulin during your stay. You will be given information to help you when you leave the hospital.

If you agree to the self-administration of your insulin, a nurse or pharmacist will explain all you need to know about your medicines.

What to expect

A nurse will assess you and prepare you for the self-administration process.

You will be given an insulin prescription chart on which you will record your blood glucose readings and insulin doses. A nurse will check your chart throughout the day to see if your blood glucose is stable and that the ranges of prescribed insulin units are suitable.

Please let the nurse looking after you know if you have any blood glucose readings that are outside your target and if you have problems with your insulin.

You will be given a lockable box where you must keep your insulin and needles.

You will also be given a sharps bin so that you can safely dispose of your used equipment.

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Patient Information

Important information

- Keep your insulin and equipment locked away.
- Tell a member of the nursing team immediately if a visitor or another patient tries to take your medicines.
- Never share your insulin.
- Tell your nurse if you forget to take a dose of insulin.
- Do not take more than the dose prescribed.
- Keep all medicines out of the reach of children.
- Your pharmacist or nurse will check your medication and answer any questions you may have before you leave the hospital.
- Return the lockable box to your nurse before leaving the ward.

If you have any concerns, please speak to a member of the nursing team or ask to speak to the pharmacist.

Contact information

Diabetes Nursing Team

Gloucestershire Royal Hospital

Tel: 0300 422 8613

Monday to Friday, 9:00 am to 4:00 pm

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