

Hi, I'm and I have type 1 diabetes

What is type 1 diabetes?

It's when the body's own immune system attacks and destroys cells in the pancreas that make insulin. Insulin is a hormone that controls blood glucose and glucose is used by the body as an energy source. This means that someone who has type 1 diabetes can no longer regulate their blood glucose.

Treatment of type 1 diabetes

To control blood glucose, people with type 1 diabetes have to take insulin several times a day either by injection or using an insulin pump. It is difficult to ensure that blood glucose stays in the normal range of 4-7mmol/L when insulin is being taken by injection or pump. This is because blood glucose is affected by other factors as well as the amount of insulin taken e.g. exercise, stress, alcohol, food eaten and temperature.

As a result my blood glucose levels may sometimes drop too low, which is called a hypo (hypoglycaemia) or rise too high, known as a hyper (hyperglycaemia).

I look after my type 1 diabetes on a daily basis, taking insulin and measuring my blood glucose. I normally deal with any hypo or hyper blood glucose levels myself, however occasionally I may need your help.

What to do in the event of a hypo

If my blood glucose levels drop too low (below 4mmol/L), I need to take some sugar immediately. I will usually treat my hypo myself but occasionally I may need your help.

If I am hypo I am likely to be feeling:

And I might be:

I may need reminding to take some glucose to treat the hypo and my emergency supplies of glucose are:

and are kept:

If you can't find/get my emergency supplies please find me something sugary e.g. fruit juice, Lucozade, a non-diet drink, jelly babies/beans.

I will need to recheck my blood glucose after 15 minutes and if it's still below 4mmol/L, I will need more sugar.

N.B. After a hypo I may see my blood glucose level return to a normal range, but still need a little bit of time to feel fully recovered.

However in an emergency please contact:

Relative/Friend:

Name: _____ Phone: _____ Relationship: _____

Surgery/Hospital:

Name: _____ Phone: _____

If in doubt, or I am unconscious please call 999

What to do in the event of a hyper (high blood glucose)

A high blood glucose (hyperglycaemia) is any reading above 10mmol/L. An occasional high reading should not be of immediate concern, and normally I will be able to give myself some extra insulin to bring these levels back down without any intervention.

However if my blood glucose level remains very high for an extended period of time then I will need extra insulin and my body may start to produce ketones, which are very dangerous. Ketones are toxic to the body and can cause vomiting and cause my breath to smell like pear drops. This state is called Diabetic Ketoacidosis or DKA. If you think these symptoms may be occurring you should encourage me to check my blood glucose levels.

If DKA happens and I am unaware, please call an ambulance and contact my emergency contacts saying that you suspect DKA.