Insulin start checklist

NHS
Royal Berkshire
NHS Foundation Trust

Name …… …**MRN No.** ……**Date** …….

You have been given an explanation on why you need insulin.	
Your insulin(s) is/are called:	
Insulin is either clear or cloudy. Yours is: clear / cloudy* **delete as applicable*	
Spare **insulin pens or cartridges** should be stored in the fridge. Your **pen** which you are using should be kept out of sunlight in a safe place, but **not** in the fridge.	
Your starting dose is ……. administered …… ……. administered …… ……. administered …… ……. administered ……	
Your pen(s) is/are called:	
Your needles are called:	
Your diabetes tablets, which you will **continue** taking, are:	
Your diabetes tablets, which you will **stop** taking, are:	
You can inject your insulin into your arms, abdomen, buttocks or thighs, **but remember to rotate within site**.	
Wherever you inject, you must go straight in, **not at an angle**. Count to ten, then remove needle.	
Change your needle with each injection and dispose of it in the sharps bin provided.	
You have been given a demonstration on how to use your pen.	
You self injected? Yes / No* **delete as applicable*	
Your meter is called:	
Record your initial blood sugar readings in the diary …… times daily at ……(agreed with patient and nurse).	
Dietary advice:	
Alcohol advice:	
A 'Hypo' is when your blood sugar readings are below 4 mmols.	
If you are Hypo, you need to have: • 4 - 5 dextrose tablets **or** a sugary drink, e.g. lucozade, coke, lemonade (not diet), (150 mls). Retest after 10-15 minutes to ensure blood glucose levels are 4 and above. • Follow with slow acting carbohydrate, e.g. biscuit, fruit, sandwich or next meal, if due.	
You must read the Hypo information leaflet you are given.	
You will have 'Coping with Illness' explained to you and you will be given written information.	
Discuss with the Diabetes staff how your diabetes could affect your work and/or driving.	
You **must** inform your motor insurance company and the DVLA, of your diabetes.	
You must carry the alert card and read the alert information leaflet you are given.	
If you have Type1 Diabetes diagnosed within the last 6 months, are you happy to receive information on diabetes research?	
Prescription Advice note given to patient for GP.	
You have agreed to telephone in your blood sugar readings in …….. days time to enable us to adjust your insulin doses if necessary. **Our telephone number is: 0118 322 7478.**	

Insulin change checklist

NHS
Royal Berkshire
NHS Foundation Trust

Name …… **MRN No.** ……**Date** …….

You have been given an explanation on why you need insulin.	
Your insulin(s) is/are called:	
Insulin is either clear or cloudy. Yours is: clear / cloudy* **delete as applicable*	
Spare **insulin pens or cartridges** should be stored in the fridge. Your pen which you are using should be kept out of sunlight in a safe place, but **not** in the fridge.	
Your starting dose is ……. administered …… ……. administered …… ……. administered …… ……. administered ……	
Your pen(s) is/are called:	
Your needles are called:	
Your diabetes tablets, which you will **continue** taking, are:	
Your diabetes tablets, which you will **stop** taking, are:	
You can inject your insulin into your arms, abdomen, buttocks or thighs, **but remember to rotate within site**.	
Wherever you inject, you must go straight in, **not at an angle**. Count to ten, then remove needle.	
Change your needle with each injection and dispose of it in the sharps bin provided.	
You have been given a demonstration on how to use your pen.	
You self injected? Yes / No* **delete as applicable*	
Your meter is called:	
Record your initial blood sugar readings in the diary …… times daily at ……(agreed with patient and nurse)	
Dietary advice:	
Alcohol advice:	
A 'Hypo' is when your blood sugar readings are below 4 mmols.	
If you are Hypo, you need to have: • 4 - 5 dextrose tablets **or** a sugary drink, e.g. lucozade, coke, lemonade (not diet), (150 mls). Retest after 10-15 minutes to ensure blood glucose levels are 4 and above. • Follow with slow acting carbohydrate, e.g. biscuit, fruit, sandwich or next meal, if due.	
You must read the Hypo information leaflet you are given.	
You will have 'Coping with Illness' explained to you and you will be given written information.	
Discuss with the Diabetes staff how your diabetes could affect your work and/or driving.	
You **must** inform your motor insurance company and the DVLA, of your diabetes.	
You must carry the alert card and read the alert information leaflet you are given.	
If you have Type1 Diabetes diagnosed within the last 6 months, are you happy to receive information on diabetes research?	
Prescription Advice note given to patient for GP.	
You have agreed to telephone in your blood sugar readings in …….. days time to enable us to adjust your insulin doses if necessary. **Our telephone number is: 0118 322 7478.**	