

Diabetes: Keeping Safe Whilst You Wait in A&E

Now that you are in A&E you will have a wait before you are seen. During this time it is important that you continue to manage your own diabetes if you are well enough and capable of doing so.

Here are some things you might want to consider to keep yourself safe whilst waiting:



Do the health care staff looking after me know I have diabetes?

It's important to let those looking after you (including the reception team) know that you have diabetes and whether this is type 1 or type 2. If type 2 let them know whether you are taking insulin or any other medications. Do not assume they already know!



Do I need to take my usual dose of insulin/ diabetes medication?

If you are on insulin make sure you don't miss a dose as your diabetes could go out of control particularly if you are unwell. If you came to A&E because of a hypo and have recovered you are still likely to need to take your next dose of insulin but first check with the health professional. Hopefully you have your diabetes equipment with you, but if you don't have what you need let the staff know so they can give you the medication you normally use. Let the A&E staff know when you've taken your medicines or insulin so they can keep a record of the time and dose



What have I eaten today?

When did you last eat today? You must not miss meals if you have taken insulin. Try to eat if you can and of course monitor your blood glucose. If you have been treated and recovered from a hypo then you should also have a longer acting carbohydrate such as a banana, cereal bar or sandwich to prevent you going back into a hypo which can occur several hours later. If you have type 1 diabetes and are too ill to eat, or told not to eat because you might need a test or operation, then you should be started on a glucose drip



Do I need to check my blood glucose level?

Check your blood glucose levels more than usual. The stress of being unwell might make them higher. Keep a record for the staff as they may wish to see this. If your blood glucose levels deteriorate flag this with the A&E staff. If you are unable to check your own blood glucose level make sure A&E staff are checking this regularly for you



What's my follow up plan?

Before you leave A&E check what your follow up plan is. Have there been any changes made to your medications? Do you have the correct treatment supplies? If your attendance today was related to your diabetes, you should let your diabetes care provider know, and arrange a follow up appointment. Know and follow the sick day rules for people with diabetes- these can be found at www.trenddiabetes.online

Useful Resources



Type of Diabetes

- <https://www.diabetes.org.uk/diabetes-the-basics/differences-between-type-1-and-type-2-diabetes>



Hypoglycaemia (Hypo)

- <https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos>



Hypo Unawareness

- <https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos/hypo-unawareness>



Hypos and Driving

- <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/driving/driving-licence>



Hyperglycaemia (Hyper)

- <https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/>
- <https://www.diabetes.org.uk/guide-to-diabetes/complications/hypers>



Blood Glucose Testing

- <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>



Foot Care

- <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet>

