

For further information about this service contact:

Integrated Community Diabetes Services  
The Poynt, Units 2-3  
Poynters Road  
Luton, LU4 0LA

Tel: 0333 4053 128



Tel: 020 7424 1000  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



## Starting Insulin

## Integrated Community Diabetes Services



Starting Insulin

It has been agreed with you that you will start Insulin. So that you have the information you require to safely manage your insulin please attend:

Insulin start appointment on: .....

Date: .....

Time: .....

At Luton Treatment Centre, LU1 1AR

How long with the appointment be?

You need to allow an hour for this appointment.

What can I expect at this appointment?

You will be given a training booklet ‘Supporting you to administer your insulin’. This booklet will be your personal record of your insulin start and yours to keep and refer to. You will be assisted in working through the booklet and adding specific information about the insulin you will be taking. If there is anything that is not clear to you, there will be plenty of opportunity to ask questions.

How do I get my insulin?

You will either be given a prescription by a Diabetes Specialist Nurse who is a prescriber or a request will be made for your GP to prescribe what you need to start insulin. When you get your prescription it is important that you allow enough time to get insulin from your chemist, sometimes they may need to order this in. The insulin will need to be kept in the door or bottom of your fridge until you attend your insulin start appointment.

What do I need to bring to my appointment.

It is important that you bring the following to your insulin start appointment.

- ALL your insulin and insulin delivery device
- ALL your insulin needles
- Your blood glucose meter
- Written record of your blood glucose results for the past week
- Your oral diabetic medication
- Reading glasses - if you use them.

What happens after I have attended my appointment?

After starting insulin it is very important that **you** keep in regular telephone contact with the Diabetes Specialist Nurses. Initially, this will be twice weekly. **You will be supported to learn how to adjust your own insulin.** When you speak to the clinic nurse you will need to give your blood glucose results. This is usually your result first thing in the morning, on waking (fasting), but will depend on what type of insulin you are taking before your evening meal.

Keeping in contact

Regular telephone contact will continue until we agree that you are confident with adjusting and managing your own insulin. This varies from person to person, from several weeks to several months.

Tel: 0333 4053 139

Please be aware that if you do not keep in regular contact you will be discharged back to your GP.

Your blood glucose meter

As the results from your blood glucose meter are used to adjust your insulin it is important that your meter is accurate. It is therefore advised that you carry out a control test once a month on your meter. Instructions on how to do this can be found in your blood glucose meter manual. Blood glucose control solution and batteries are available free from your meter manufacturer.