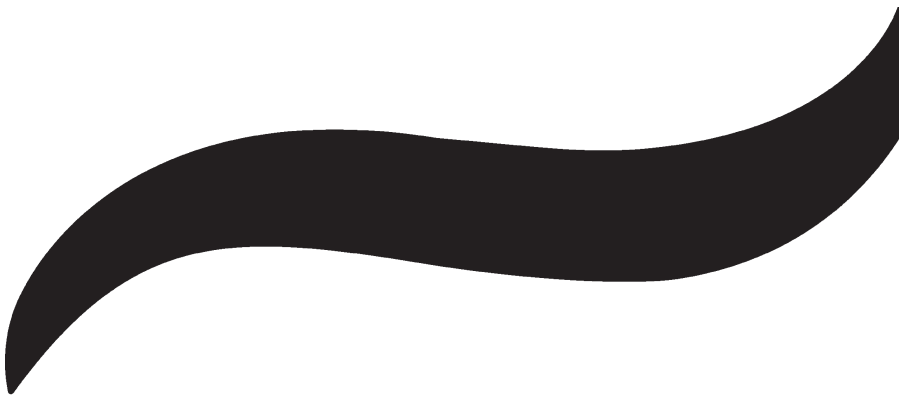




Discharge from Diabetes Service to GP Care

Information for patients
Diabetes



The role of the diabetes specialist nurse is to help you self manage your diabetes.

This may include advising changes to your diabetes treatment and offering you education and guidance on how to improve and maintain your diabetes control.

Now that we have supported you to make the necessary changes to your diabetes treatment and have provided you with information to help you maintain good diabetes control, we will discharge you back to the care of your GP.

Your GP now has overall responsibility for your diabetes management.

Should you or your GP have any concerns with your diabetes control, your GP or Practice Nurse can re-refer you or, you can self-refer to our service at any time.

Tips on Maintaining Good Diabetes Control.

- ❖ Maintain healthy eating. Remember all Carbohydrates break down into glucose and not just sugary foods. Be careful with the quantities of carbohydrates you eat at mealtimes and try not to snack too much between meals.
- ❖ Aim to exercise as much as you can. 30 minutes of moderate activity on 5 or more days of the week can improve health and keep your blood glucose levels steady.
- ❖ Keep safe with alcohol. No more than 14 units spread over the week. Avoid high sugar alcohol and be careful if you are on insulin. Always have a snack after drinking alcohol to avoid hypos.

- ❖ If on Gliclazide or insulin keep an eye on your blood glucose levels regularly. Aim for levels of _____ before meals. If you drive and are on insulin remember to test your blood prior to driving and ensure it is always 5 or above.
- ❖ If you take insulin and your blood glucose levels are too high, or too low, then follow the written self titration of insulin guidelines given to you by your diabetes specialist nurse. Remember to rotate your injection sites.
- ❖ Take your medication as prescribed. If you struggle to remember, use an alarm clock or set an alarm on your phone to help you remember.
- ❖ Attend your GP surgery for regular diabetes checks as requested and make sure you attend your annual eye and foot screening.

Patient information leaflets are available on the NHS Lanarkshire website- follow this link. www.nhslanarkshire.org.uk/Services/Diabetes/patient-info/Pages/default.aspx

Please contact the number below if you have any problems.

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NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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