



Living with Diabetes

Diabetes Family Education: Part 1

Presented by: Nurse and Dietitian Educators



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

PE2987
10/24

Patrick

1

General housekeeping



- Bathrooms
- Interruptions
- Breaks
- Safety
- Food



2

Schedule for today



Morning

- Basics of diabetes
- Carbohydrates – what they are and how to count them
- Food plan – what to eat and when to eat
- Blood glucose – when and how to check
- Dosing tables – how to determine insulin dosing
- Insulin injections – when and how to give



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A0

Breakthrough T1D Bag of Hope



Use your smartphone to access these QR codes:



Children (0 to 11)



Teens (12 and plus)

4

Slide 4

A0 Can you add for children is 0-11 and teens are 12 +
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Basics of Diabetes

Saleea

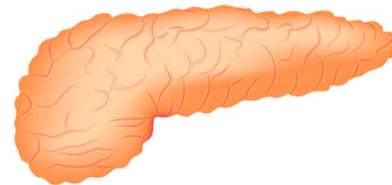
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What is diabetes?



- Disease in which the body cannot use glucose for energy due to a lack of insulin, resulting in high blood glucose levels
- Insulin is a hormone made by the pancreas

Pancreas



Type 1 diabetes:
body cannot make enough insulin

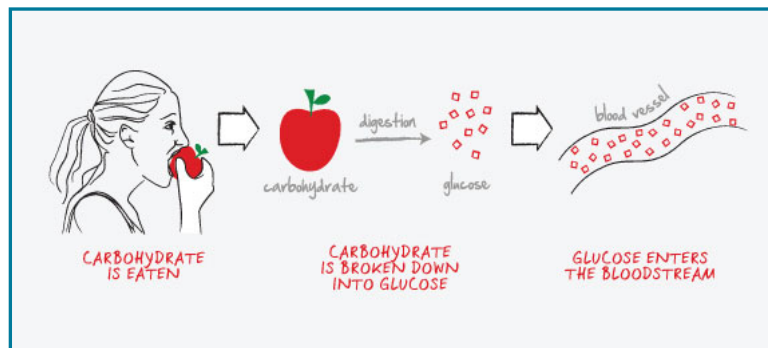
Type 2 diabetes:
body can make insulin but cannot use it efficiently

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What is blood glucose?



- Glucose (sugar) appears in the blood when you eat or drink things with carbohydrates in them
- Our bodies use this glucose for energy!

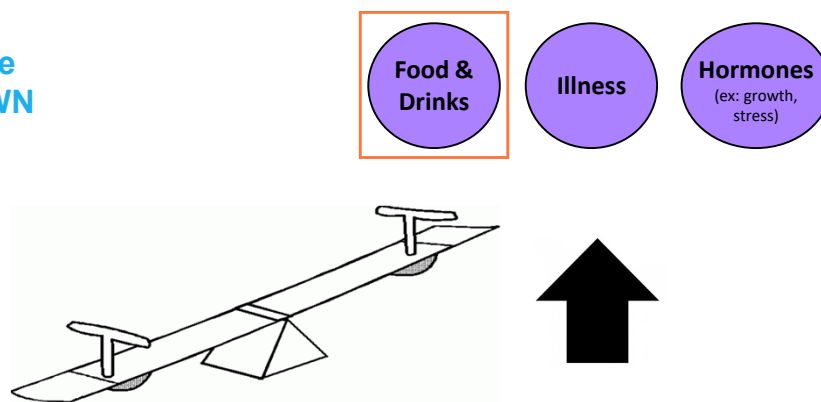
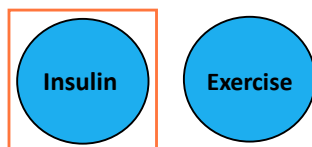


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What impacts blood glucose levels?



Factors that can make blood glucose go DOWN



Factors that can make blood glucose go UP

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How is glucose converted into energy?




Insulin is the key!




kidshealth.org/en/kids/indiabetes-vd.html

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Food and drinks give us energy



- All food and drinks are broken down into 3 primary ingredients during digestion:
 - Carbohydrates (carbs)
 - Fats
 - Proteins
- **Carbohydrates** are the main and quickest source of energy for our bodies
- **Insulin** is needed to help use carbohydrates as fuel



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Carbohydrates – what are they?

Olivia

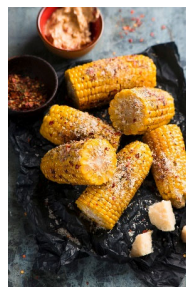
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What are carbohydrates?



Food groups that contain carbohydrates are:

- Fruit
- Milk
- Starches
- Legumes, dried pulses (peas, lentils), nuts and seeds
- Starchy vegetables
- Vegetables – or greens
- Sweets / desserts / snack foods
- Some sauces and condiments
- Juices and sugar-containing drinks



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Carb-containing foods



Fruits



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Carb-containing foods



Vegetables



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Carb-containing foods



Milk and yogurt

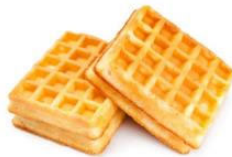


15

Carb-containing foods



Grains and cereals



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Carb-containing foods



Legumes, dried pulses, nuts and seeds



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Don't forget these!



Condiments, sauces, breaded foods, juice and sugar-containing drinks

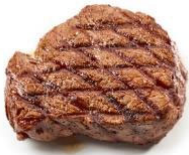


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Foods containing proteins and some fats



These foods have lower carbs



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Foods containing mostly fats



These foods have little or no carbs



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Carbohydrates – how to count them?

Ashton

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Counting carbohydrates



1. Does the food or drink have carbs?
2. How much are you having (portion)?
3. Look up the information using:
 - Labels
 - Lists
 - Apps
 - Websites



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15 Gram Carbohydrate Foods



Starches

Breads

1 slice bread
 ½ English muffin 1 small croissant
 1 small muffin (1 oz)
 1 pancake or waffle (4")
 ¼ of a large bagel
 ½ hot dog bun or burger bun 1 tortilla (6")
 1 small cornbread or biscuit (2" cube, 2 oz)
 1 small plain roll (1 oz)
 ½ small pita (6")

Dairy

1 cup milk (fat-free, 1%, 2%, whole)
 6-oz cup yogurt (plain or flavored with artificial sweetener)
 1 cup dairy-free beverage (g carbs)

Cereals, pasta and rice (cooked)

½ cup bran cereal
 ¼ cup granola
 ½ cup cooked cereal
 ¾ cup dry cereal
 ½ cup sugar frosted cereal
 ½ cup cooked pasta
 ½ cup cooked white or brown rice
 ½ cup chow mein noodles
 ½ cup quinoa
 ½ cup couscous

Crackers, chips and popcorn

6 Saltine or Ritz crackers 3 Graham crackers
 6 to 7 animal crackers
 ¾ oz pretzels (15 mini twists) 1 oz snack chips
 9 to 13 tortilla chips
 3 cups popcorn

Sweets and desserts

2"-square cake, unfrosted (2 oz) 1¼ inch-square brownie, unfrosted (1 oz), ⅞" high
 2 small cookies (¾ oz)
 ½ cup sugar-free pudding
 ½ cup ice cream
 ½ cup frozen yogurt, low-fat or fat-free 1 Tbsp syrup, jam, jelly, sugar or honey 1 Tbsp maple syrup
 1 cup sports drink
 1 cup hot chocolate made with water

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15 Gram Carbohydrate Foods



Vegetables and legumes

Starchy vegetables
 ½ cup cooked green peas
 ½ cup cooked corn
 ½ corn on the cob, large (5 oz)
 ½ cup cooked hominy
 ½ cup cooked sweet potatoes
 ½ cup cooked potatoes
 1 small potato or sweet potato
 ½ cup hash browns or au gratin potatoes
 10 to 15 French fries
 1 cup winter squash (pumpkin, acorn, butternut)
 1 cup marinara or pasta sauce
 ½ cup tomato juice
 ¼ cup tomato puree
 Legumes
 ½ cup boiled beans (kidney, pinto, red, green, etc.)
 ½ cup refried beans
 ½ cup cooked lentils
 ¼ cup baked beans

Fruits

1 small fresh fruit (apple, orange, pear, peach, tangerine, nectarine)
 ½ cup applesauce, unsweetened 4 fresh apricots
 7 dried apricot halves
 ½ banana
 2 Tbsp dried fruit
 1 cup melon cubes (cantaloupe, watermelon, honeydew)
 ½ cup cherries 2 figs or plums
 ½ cup canned fruit, unsweetened
 ½ grapefruit 15 grapes
 1 large kiwi
 ¾ cup pineapple
 ½ mango or papaya 3 medium prunes
 2 Tbsp raisins or craisins
 15 strawberries, medium size 1 cup blueberries
 1 cup raspberries
 ½ cup juice

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A0 yay! looks great, thanks
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Low Carbohydrate Foods

Non-starchy vegetables

Each is 5 g carbs!

1 cup raw OR ½ cup cooked:

Asparagus	Cabbage	Spinach	Peppers Green
beans	Carrots	Tomato	Cucumber Bean
sprouts	Cauliflower	Lettuce	Snap peas Broccoli
	Eggplant	Zucchini	Turnips

Proteins and fats

have very little or less carbohydrates

Examples of proteins: Eggs, cheese, meat (chicken, beef, pork), fish and seafood

Examples of fats: Oil, butter, mayonnaise

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Carbohydrate references



Reference Book



CalorieKing App



Food Label

Nutrition Facts	
18 servings per container	
Serving size	1 cup (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	9%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	10%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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How to read a food label



Nutrition Facts	
18 servings per container	
Serving size	1 cup (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	9%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	10%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

There are 18 servings in the package if you eat the whole thing

Serving size can be in cups, tablespoons, weight, or number of an item (example: 10 chips)

Check the number right next to "Total Carbohydrates"

We can discuss fiber and sugar alcohol once you learn most of your basic diabetes skills in clinic

For more information, see ["Reading Food Labels" \(PE1543\)](#) handout in the Appendix of the Living With Diabetes Handbook

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How to record carb intake on daily log



Example:

Going Home Blood Glucose Food and Insulin Log

Name:	Patty Pancreas	Date:	5/4/20						
Time	8:00AM								
Blood glucose									
Food choices and carb count in grams	Eggo waffle (14g) Peanut butter (4g) Jelly (5g) Egg (0g)								
Rapid acting Insulin									
Long acting Insulin									
Comments									

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What to Eat and When to Eat

Saleea

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Going home food plan – time to practice!



Example:

Going Home Food Plan Name **Patty Pancreas** Date **5/4/20**

Suggested food combinations and carb counts

Time	8:00AM	10:00AM	12:00PM	3:00PM	6:00PM	9:00PM
Carb range	30-50 grams	less than 5 grams (no insulin)	50-70 grams	20-30 grams	40-60 grams	less than 5 grams (no insulin)
Food combination and carb count	1 waffle (14g) Peanut butter 1 tablespoon (4g) Eggs (0g) Chocolate milk 2% 1 cup (30g) or Honey Nut Cheerios 1 cup (29g) Milk 2% 1 cup (13g)	3 strawberries (3g) Cheese slice (0g) or Turkey meat (0g) String cheese (0g) or Cucumber slices 3 oz (3g) Ranch dressing 1 tablespoon (1g)	Kraft Mac n' Cheese 2 cups (54g) Carrots 1/2 cup (6g) Hummus dip 2 tablespoons (4g) or Bologna sandwich: 2 pieces bread (40g) Meat, cheese, mayo and mustard (0g) Doritos snack bag (18g) Apple slices (7g)	Granola bar (20g) Blueberries 1/2 cup (10g) or Medium banana (25g) Peanut butter 1 tablespoon (4g)	Rice 1 cup (45g) Stir fry vegetables 1 cup (7g) Chicken (0g) or Pasta 1 cup (45g) Spaghetti sauce 1/2 cup (13g) Meat and cheese (0g)	3 strawberries (3g) Cheese slice (0g) or Turkey meat (0g) String cheese (0g) or Cucumber slices 3 oz (3g) Ranch dressing 1 tablespoon (1g)

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Break time!

Please return in 10 minutes



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Caleb

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Blood Glucose – how to check?

Olivia

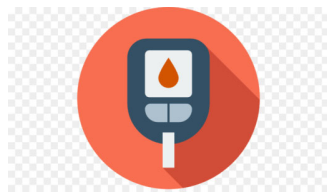
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How to CHECK a blood glucose level



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STEP 1: collect all supplies



Blood glucose meter
(glucometer)



Blood glucose
strips



Lancing device



Lancets

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Blood glucose meters (glucometers)



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STEP 2: clean your hands



- 3 methods:
 - Soap and water
 - Alcohol prep pads
 - Non-fragrance hand gel
- Let hands dry before poking finger
- Important because food residue may give a false high reading

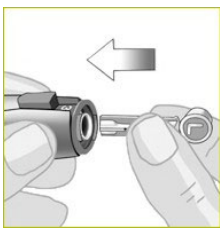


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STEP 3: load lancing device



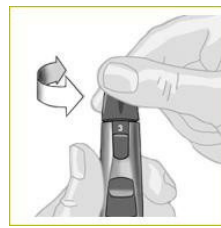
- Place lancet into lancing device (A)
- Remove safety cap on lancet (B)
- Set depth of poke (C)
- Engage lancing device (pull back) (D)



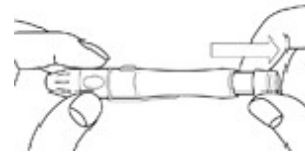
A



B



C



D

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STEP 4: insert blood glucose strip into meter



Flashing blood drop icon will appear within a few seconds to indicate that the meter is ready

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STEP 5: poke finger with lancing device

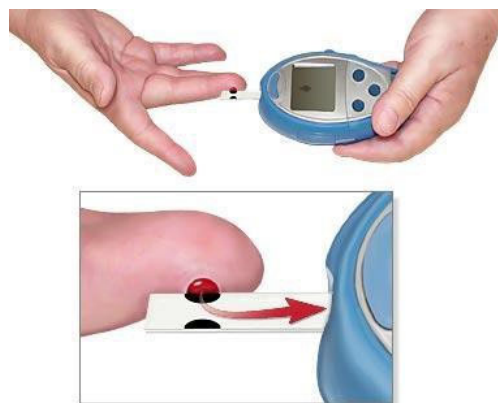


- Poke soft pad on the side of any finger
- You can “milk” the finger to help get a sufficient blood sample



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STEP 6: apply blood sample to blood glucose strip



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Blood glucose check – time to practice!



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Tips and tricks



- Make sure hands are clean
- Change lancet every 24 hours
- Lancets go into sharps container
- Allow child to choose which finger they prefer
- **Rotate which finger you chose to poke**
- Keep blood glucose strips at room temperature



For more information, see ["Disposal of Sharps" \(PE612\)](#) handout in the Appendix of the Living With Diabetes Handbook

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How to record blood glucose on daily log



Example:

Going Home Blood Glucose Food and Insulin Log

Name: **Patty Pancreas**

Date: **5/4/20**

Time	8:00AM						
Blood glucose	252						
Food choices and carb count in grams	Eggo waffle (14g) Peanut butter (4g) Jelly (5g) Egg (0g)						
Rapid acting Insulin							
Long acting Insulin							
Comments							

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Blood Glucose Ranges

Ashton

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Blood glucose target range



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Setting expectations for blood glucose levels going home

- Will likely be above goal range for your child's age – that's okay!
- Gradual decline to within-range levels over the next several weeks
- Your nurse will send you a MyChart message. Reply with your blood glucose numbers the next day
- Being lower in the target range is better when you are most likely to have long-term complications



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Insulin Dosing Tables

Saleea

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Insulin dosing basics



- You need insulin when:
 - Eating or drinking things with carbs
 - Blood glucose is above range
- In the beginning you will use a dosing table to figure out how much insulin to give

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How to determine insulin dose using a table



Example:

NAME:	Patty Pancreas		DATE:	5/4/20	
INSULIN TO CARBOHYDRATE RATIO (Carb Bolus)					
1	units Humalog/Novolog	per	10	g of carbohydrates.	
CORRECTION FACTOR FOR HIGH BLOOD GLUCOSES (Correction Bolus)					
1	units Humalog/Novolog	per	50	mg/dl over	100 mg/dl (Target)
Carbohydrates (g)	Humalog/Novolog dose		Blood Glucose (mg/dl)	Humalog/Novolog dose	
less than 5	0		less than 125	0	
5 - 9	0.5		125 - 149	0.5	
10 - 14	1		150 - 174	1	
15 - 19	1.5		175 - 199	1.5	
20 - 24	2		200 - 224	2	
25 - 29	2.5		225 - 249	2.5	
30 - 34	3		250 - 274	3	
35 - 39	3.5		275 - 299	3.5	
40 - 44	4		300 - 324	4	

Step 1:
Add up total grams of carbs your child is eating

Step 2:
Check your child's blood glucose level

Step 3: Add these two columns together to get the total insulin dose

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Insulin dosing tables – time to practice!



Example:

NAME:	Patty Pancreas		DATE:	5/4/20	
INSULIN TO CARBOHYDRATE RATIO (Carb Bolus)					
1	units Humalog/Novolog	per	10	g of carbohydrates.	
CORRECTION FACTOR FOR HIGH BLOOD GLUCOSES (Correction Bolus)					
1	units Humalog/Novolog	per	50	mg/dl over	100 mg/dl (Target)
Carbohydrates (g)	Humalog/Novolog dose		Blood Glucose (mg/dl)	Humalog/Novolog dose	
less than 5	0		less than 125	0	
5 - 9	0.5		125 - 149	0.5	
10 - 14	1		150 - 174	1	
15 - 19	1.5		175 - 199	1.5	
20 - 24	2		200 - 224	2	
25 - 29	2.5		225 - 249	2.5	
30 - 34	3		250 - 274	3	
35 - 39	3.5		275 - 299	3.5	
40 - 44	4		300 - 324	4	

Step 1:
Child is eating 32g of carbs

Step 2:
Blood glucose level is 220 mg/dL

Step 3: You would give 5 units of insulin

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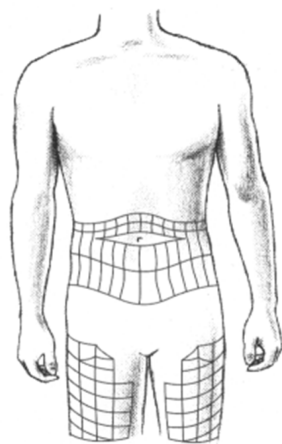


Olivia

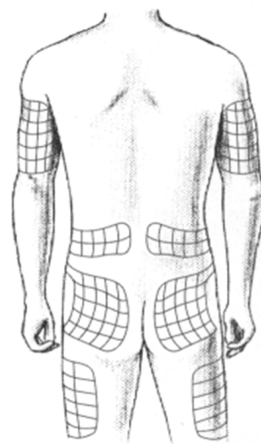
Insulin Injections – how to give?

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Injection sites



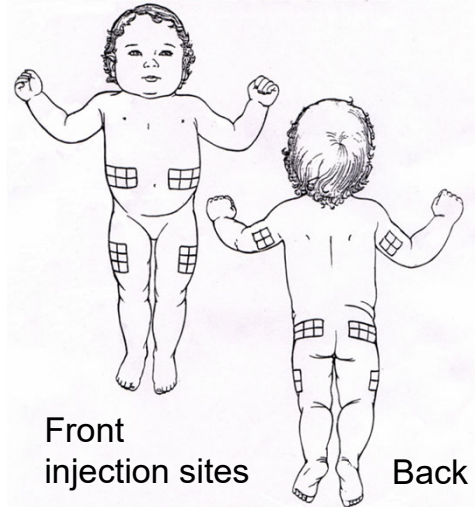
Front injection sites



Back injection sites

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Injection sites



Front
injection sites

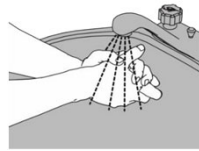
Back injection sites

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How to prepare for an insulin pen injection

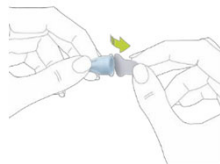


1. Wash hands



2. Clean rubber stopper on insulin pen with an alcohol swab

3. Attach pen needle



4. Prime pen needle with 2 units of insulin

you want to see some drops of insulin come out of the pen needle

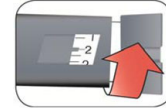


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How to give an insulin pen injection



1. Turn dial on pen to correct insulin dose



2. Allow child to choose an injection site location

3. Insert needle into subcutaneous (soft) tissue at a 90-degree angle



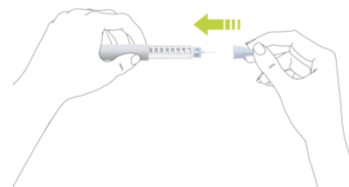
4. Inject insulin and hold for 6 seconds

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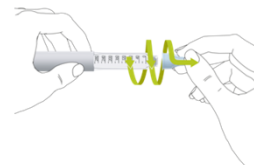
After giving an insulin pen injection



1. Cover pen needle with plastic safety cap



2. Squeeze and twist pen needle off



3. Dispose of pen needle in sharps container

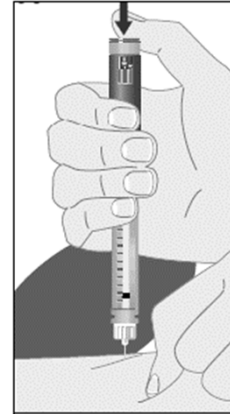


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Tips and tricks



- Use a new pen needle for every injection
- Rotate injection sites to prevent overuse of one area
- Depending on the injection site you may need to gently pinch the skin up to ensure you are injecting into the subcutaneous (soft) tissue



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How to record insulin dose on daily log



Example:

Going Home Blood Glucose Food and Insulin Log

Name: **Patty Pancreas**

Date: **5/4/20**

Time	8:00AM							
Blood glucose	252							
Food choices and carb count in grams	Eggo waffle (14g) Peanut butter (4g) Jelly (5g) Egg (0g)							
Rapid acting Insulin	5							
Long acting Insulin								
Comments								

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Time to tie it all together for lunch!



- Check your child's blood glucose level
- Count the carbohydrates in your child's lunch
- Give insulin per your child's dosing table
- Wait 10-15 minutes to eat



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The many ways to give insulin...



Pen Device



Syringe



Pump

For more information, see ["How Do I Inject with an Insulin Syringe?" \(PE3234\)](#) handout in the Appendix of the Living With Diabetes Handbook



Types of Insulin

Saleea

Types of insulin



Long-acting (Lantus/Basaglar)

- Basal insulin
- Works between meals and through the night



Rapid-acting (Humalog/Novolog)

- Bolus insulin
- Given for carbs and high blood glucose levels



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Insulin actions

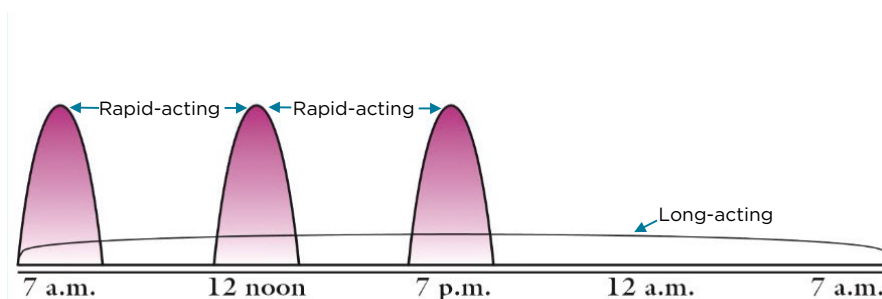


Long-acting (Lantus/Basaglar)

- No peak
- Typically lasts 24 hours
- Given once per day at the same time

Rapid-acting (Humalog/Novolog)

- Starts working in 10-15 minutes
- Peaks in 60-90 minutes
- Lasts about 3 hours



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How to record insulin doses on daily log



Example:

Going Home Blood Glucose Food and Insulin Log

Name: **Patty Pancreas**

Date: **5/4/20**

Time	8:00AM	10:00AM	12:00PM	3:00PM	6:00PM	9:00PM	3:00AM
Blood glucose	252		180	135	210	320	195
Food choices and carb count in grams	Eggo waffle (14g) Peanut butter (4g) Jelly (5g) Egg (0g)	Turkey meat (0g) Cucumber slices (3g)	Mac n' Cheese (50g) Carrots (8g)	Granola bar (20g) Banana (25g)	Rice (45g) Veggies (10g) Chicken (0g)		
→ Humalog Rapid acting Insulin	5	0	7	5	7.5	3	0.5
→ Lantus Long acting Insulin						18	
Comments							

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Insulin Storage and Expiration

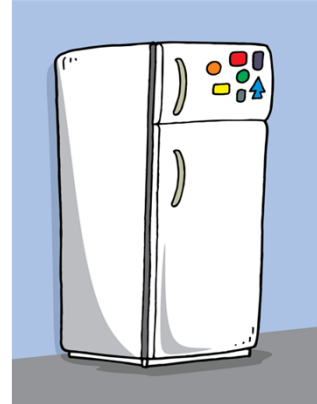
Olivia

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Insulin storage



- Store all **unopened** insulin in the **refrigerator**
- Insulin does NOT like extreme temperatures
 - Cannot get too hot (**greater than 86 degrees**)
 - Cannot freeze (**32 degrees or lower**)
- Keep away from heat and direct light



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Insulin expiration



- Insulin is good until the expiration date printed on the label
- **Once opened**, keep insulin at **room temperature** and throw away after **28 days**



Insulin that is unopened and unrefrigerated for more than 24-48 hours is considered opened; discard after 28 days

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Hypoglycemia – low blood glucose


Ashton

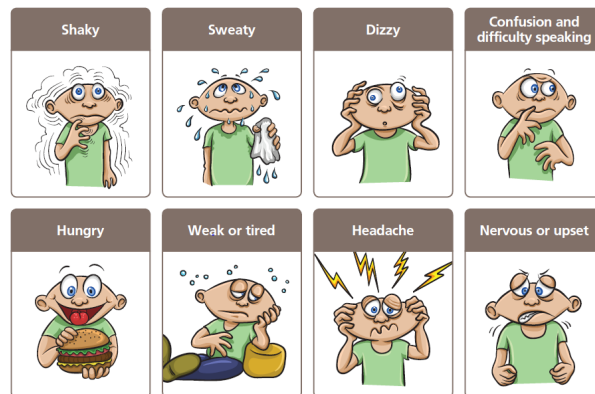
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Hypoglycemia – TAKE ACTION



- Low blood glucose is **less than 70 mg/dL**

- Symptoms include: 



- Treat quickly with rapid-acting carbs

For more information, see "[Hypoglycemia - Novo Nordisk](#)" handout in the Appendix of the Living With Diabetes Handbook

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How to treat low blood glucose



Less than 70 mg/dL:

Step 1: **Eat or drink 15g of a fast-acting carb**

(example: 4-6 oz of juice, 3-4 glucose tablets)



Step 2: **Wait 15 minutes and recheck blood glucose**

Step 3: Repeat above steps if blood glucose is not above 70 mg/dL

Step 4: Once blood glucose is above 70 mg/dL, eat a 15g carb snack mixed with protein and fat
(example: cheese and crackers, granola bar)



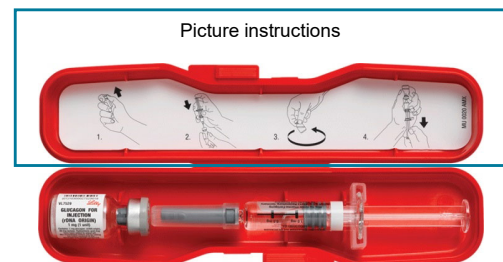
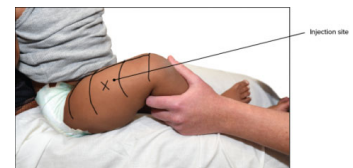
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Glucagon

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- An emergency medication used for **SEVERE LOWS**
 - Child is unconsciousness and/or having a seizure
- Prepare medication and give injection into outer thigh muscle
- Turn child on their side and call 911
- Check expiration date regularly



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Slide 74

A0 Should we add Gvoke here?
Author, 2024-07-12T20:57:08.452

Baqsimi



- Nasal powder glucagon used for **SEVERE LOWS**
 - Child is unconsciousness and/or having a seizure
- Turn child on their side and call 911
- Give as a single puff into the nose
- Check expiration date regularly

IMPORTANT POINTS:

- Do not remove shrink wrap on tube until right before use
- Do not try a “test puff” there is only 1 dose per tube



*Baqsimi has not been studied in children under 4 years of age

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Medical Identification



- Medical ID is extremely important for the safety of your child
- Include the word “diabetes” on the Medical ID
- Several companies sell these:
 - American Medical ID
 - Lauren’s Hope
 - MedicAlert Foundation
 - Fifty50 Medical
 - Walgreens
- **Another option is having it on your smartphone. Medical ID apps can show your emergency contact information from the lock screen. See if your phone already comes with the app or you may need to download it.**



For more information, see “[Medical Alert](#)” (PE 2417) handout in the Appendix of the Living With Diabetes Handbook

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Hyperglycemia – high blood glucose

Saleea

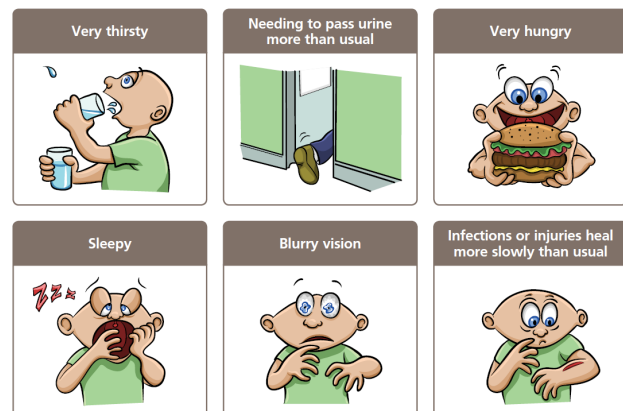
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Hyperglycemia



- Symptoms include: 

- Contributing factors:
 - Not enough insulin
 - Illness
 - Hormones (i.e. growth, stress)



- Insulin lowers blood glucose levels

For more information, see ["Hyperglycemia - Novo Nordisk"](#) handout in the Appendix of the Living With Diabetes Handbook

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Let's Practice What You Learned Today!

Olivia

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Time to tie everything together again...



Arabelle

Please take out your:

- Child's insulin dosing tables (day and night)
- Going Home Food Plan you created with the dietitian
- Going Home Blood Glucose, Food and Insulin log

Now let's use this information to practice walking through a sample day at home

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Typical Day Example



- 8 AM: Wake up
- 8:30 AM: Breakfast 830 AM (Blood Glucose, carb count, insulin)
- 12:00 PM: Lunch (Blood Glucose, carb count, insulin)
- 3:30 PM: Snack that your child wants (Blood Glucose, carb count, insulin)
- 7 PM: Dinner (Blood Glucose, carb count, insulin)
- 9 PM: Bedtime (Blood Glucose, add or lower insulin)
- 2 AM: Overnight (Blood Glucose, add or lower insulin)

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What do you do if...



Scenario #1:

You notice that your child is shaky and complaining of weak legs.

- Suspect hypoglycemia (low blood glucose)
- Check your child's blood glucose level
- Treat with fast-acting carbs if blood glucose is less than 70 mg/dL (4-6 oz juice or 3-4 glucose tablets)

Scenario #2:

Your child is hungry and wants a snack at a time that is not listed on the Going Home Food Plan you created with the dietitian.

- Your child can have a small snack that is less than 5g of carbs
- Try to include something with protein and/or fat to help your child feel full
- No insulin is given for this snack
- **Reminder:** do not dose rapid-acting Humalog/Novolog insulin closer than 3 hours apart

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What do you do if...



Scenario #3:

You realize you only checked your child's blood glucose 3 times yesterday.

- Today you can go back to checking a minimum of 5 times per day:
 1. Before breakfast
 2. Before lunch
 3. Before dinner
 4. Bedtime
 5. Overnight (between 1-3AM)

Scenario #4:

You check a blood glucose at bedtime and the number is 350 or 250 or 150 or 50.

- Look at the **NIGHT TIME** dosing table to calculate insulin dose (if needed)
- For low blood glucose less than 70 mg/dL, treat with 15g of rapid-acting carb. Blood glucose should be back up to a normal level before your child goes to sleep.

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Frequently asked question

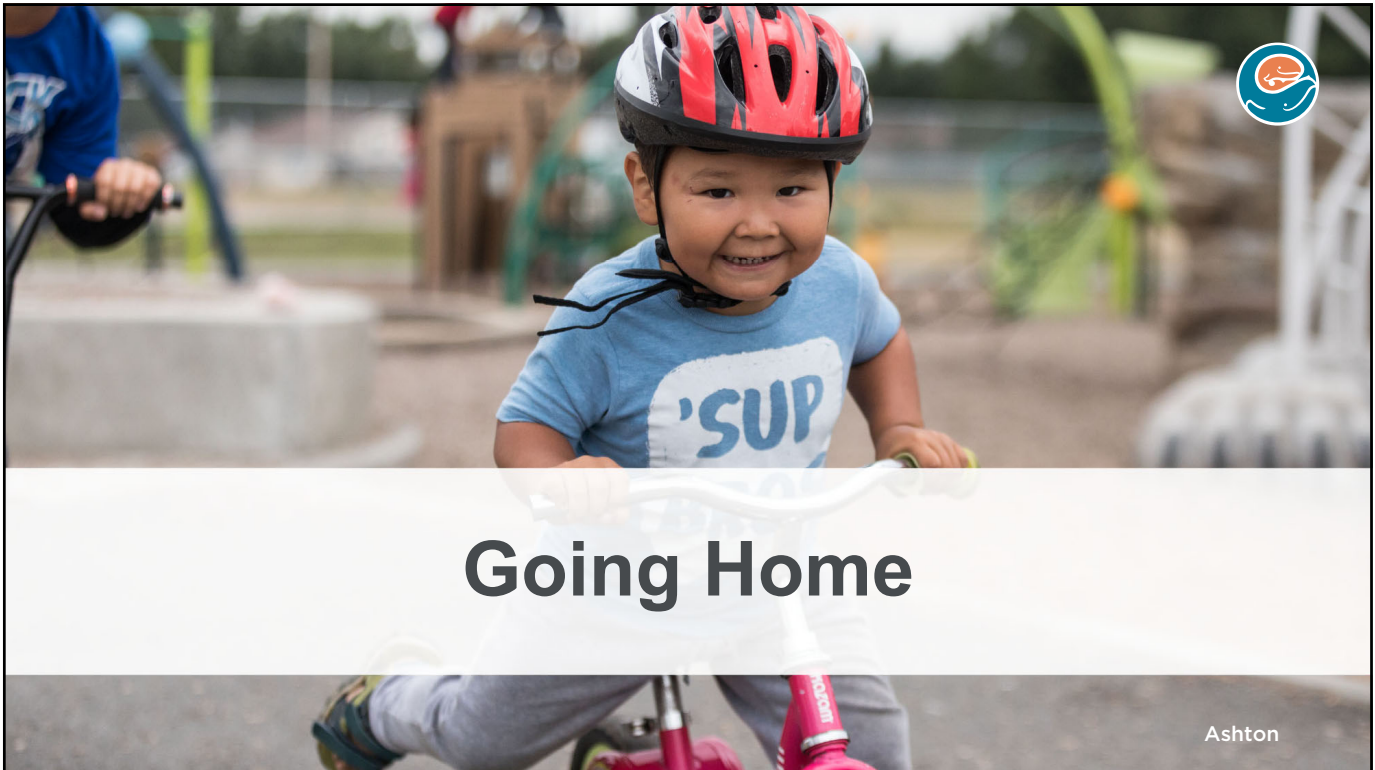


Question:

Can I give my child rapid-acting and long-acting insulin at the same time or do I have to wait 3 hours in-between injections?

- Yes, you may give both rapid-acting and long-acting insulin injections at the same time since they both work differently in the body (just choose different injection site locations)
- Reminder: the 3 hour "rule" only applies to rapid-acting Humalog/Novolog doses

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Diabetes at school



- Notify school that your child has been diagnosed with diabetes
- Establish a safety plan at school:
 - May include school nurse and/or PDA (parent designated adult)
 - School may require extra medications and supplies be kept at school
 - Copy of diabetes care plan for school



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Supplies checklist



- Travel case to carry all supplies in:
 - Glucometer kit** (meter, blood glucose strips, lancing device, lancets)
 - Insulin** (pen needles, syringes, alcohol wipes)
 - Fast-acting carbs** (juice, glucose tablets)
 - Glucagon**
 - Ketone strips**
 - Daily log and a pen**
- Medical ID
- Tip: always pack extra snacks!



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Prescriptions



- Pick up all of your prescriptions before going home:
 - Seattle Children's Hospital Forest pharmacy
 - They will dispense one month of insulin, Glucagon and diabetes supplies
- Future prescriptions can be dispensed by your pharmacy of choice:

Retail Pharmacies	Mail Order Pharmacies
Call your local pharmacy and ask them to transfer all of your prescriptions from Seattle Children's to their pharmacy	Ask diabetes team to electronically send prescriptions to your preferred mail order pharmacy. Often dispense 3 month supply.
Examples: Walgreens, Rite Aid, Bartell Drugs	Examples: CVS Caremark, Express Scripts
Your insurance plan may have a preferred retail pharmacy for you to use	Contact your insurance company to see if you have mail order pharmacy benefits

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Contacting your diabetes team



- Please contact us tomorrow before 11AM to review your child’s blood glucose log
- We would like to hear from you 2 to 3 times per week until your first diabetes team visit
- Part 2 of Living with Diabetes education should be scheduled within 1 week from today

Non-Urgent	Urgent
Phone: 206-987-2640 or go to MyChart	Phone: 206-987-2000 Ask the operator to page the diabetes team
Hours: 7:00 a.m.- 4:30 p.m.(Monday-Friday)	Hours: anytime (24/7)
<ul style="list-style-type: none"> • Blood glucose review • General questions • Prescription refills 	<ul style="list-style-type: none"> • Vomiting • Persistent lows less than 70 mg/dL • Gave the wrong insulin or the wrong dose

For more information, see [“When to Call Your Diabetes Team” \(PE2989\)](#) handout in the back cover of the Living With Diabetes Handbook binder

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New Onset Diabetes – What to do next?



Day After Check-in



During your stay at the hospital, you will be given an invitation to access MyChart. Your endocrine nurse will send you a MyChart message at discharge.

After your first night at home, please reply to that MyChart message and give a summary on how your child is doing and how the night went. A nurse from the endocrine team will reply to you as soon as possible.

If you do not have access to MyChart your nurse will be sure you have our non-urgent and urgent phone numbers for ongoing communication

Dosing Adjustments



After diagnosis, as your child’s body adapts, it can take our team some time to figure out the appropriate insulin dosing. Please call and leave a voicemail or send us a MyChart message asking for a “Blood Glucose Review” every 3 to 7 days.

Second Part of Education



The second part of education usually happens a week after discharge. Our clinic scheduler will call you to set up this appointment. You will meet with a team of healthcare providers. Please plan for another half day of education.

Topics that will be covered: Dosage Calculation, Sick Day Management, Physical Activity, Continuous Glucose Monitoring (CGM) and Pumps.

Your Medicine



All your current medicine prescriptions are at our Seattle Children’s Pharmacy. They offer your prescription to be mailed to your home address. If you want to transfer your prescription to your local pharmacy, call the pharmacy to request the transfer.

First Team Visit



The first appointment at our clinic will be in about one month after the diagnosis. The appointment will be up to 3 hours and you will meet different providers.

Call our clinic at 206-987-2640, option 1, if the scheduling team has not called you within 7 days.

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A0



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Slide 91

A0 before this slide can you add handout PE4126
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