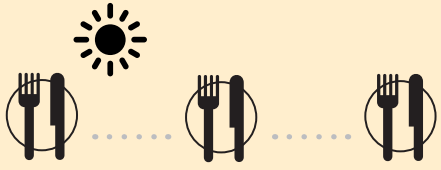




## 检查血糖




餐前



睡前



凌晨 1 点至 3 点之间




## 注射胰岛素

- 餐前 15 分钟注射优泌乐/诺和锐。
- 务必注射胰岛素以抵消碳水化合物（运动或低血糖治疗时摄入的碳水化合物除外）。
- 遵循 3 小时原则：如果距离上次注射优泌乐/诺和锐不到 3 小时，请勿注射校正剂量；但是，务必抵消碳水化合物。
- 使用胰岛素计算工作表计算需要注射多少胰岛素。

胰岛素与碳水化合物比率：

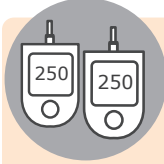
校正因子：

血糖目标：白天： 夜间：



## 运动时补充额外的碳水化合物

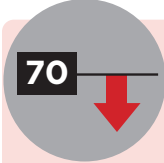
每运动 30 至 60 分钟，补充 15 克碳水化合物（不注射胰岛素）。



## 在以下情况下检查酮体：

- 血糖连续两次高于 250 mg/dL
- 孩子生病时，无论血糖水平如何
- 孩子呕吐

如果出现酮体，请参阅酮体管理手册。



## 低血糖（低于 70 mg/dL）治疗步骤

- 补充 15 克速效碳水化合物（例如：4 盎司果汁）。
- 15 分钟后重新检查血糖。
- 如果血糖仍未超过 70 mg/dL，重复上述步骤。
- 血糖超过 70 mg/dL 之后，摄入 15 克混有蛋白质和脂肪的碳水化合物（例如：奶酪和饼干、格兰诺拉麦片棒），无需注射胰岛素。


Seattle Children's 为失聪、听力障碍或使用非英语语言的患者、家属和法定代表提供免费口译服务。Seattle Children's 将应要求以其他格式提供这些信息。请致电 Family Resource Center（家属资源中心），电话 206-987-2201。本手册已由 Seattle Children's 的临床工作人员审查。尽管如此，具体需求因人而异。在根据或依赖这些信息采取行动之前，请先咨询医务人员。

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患者和家庭宣教 | 内分泌科





# Diabetes Care Quick Guide




**Check blood glucose**



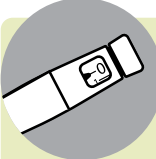
before meals



bedtime



between 1 and 3 a.m.




**Give insulin**

- Give Humalog/Novolog 15 minutes before meals.
- Always give insulin to cover carbs (**except** carbs that are eaten for exercise or low blood glucose treatment).
- **Follow the 3-hour rule: do not give a correction if it has been less than 3 hours since last Humalog/Novolog injection; however, always cover for carbs.**
- Use your insulin calculation worksheet to figure out how much insulin to give.

My insulin-to-carb ratio:

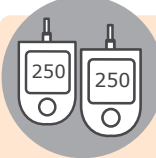
My correction factor:

My blood glucose target(s):  
Day:  Night:



**Give extra carbs for exercise**

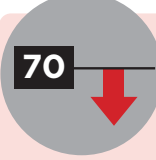
Give 15 grams of carbs (without insulin) for every 30 to 60 minutes of exercise.



**Check for ketones:**

- If blood glucose is above 250 mg/dL twice in a row
- When your child is sick, regardless of the blood glucose levels
- If your child is vomiting

If ketones are present, refer to the Ketone Management handout.



**Steps to treat low blood glucose (less than 70 mg/dL)**

1. Give 15 grams of rapid acting carb (example: 4 ounces of fruit juice).
2. Recheck blood glucose 15 minutes later.
3. Repeat above steps if blood glucose is not above 70 mg/dL.
4. Once blood glucose is greater than 70 mg/dL, eat 15 grams of carbs mixed with protein and fat (example: cheese and crackers, granola bar) without giving insulin.

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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