

## Contact details for more information

### Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2** text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

### In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the paediatric registrar for diabetes advice.

# Managing Type 1 Diabetes

## Forgotten Insulin Injections



If you forget your insulin injection, it is essential that it is given as soon as you remember to prevent your blood glucose levels rising too high and blood ketones being produced.

### Pre-meal rapid acting insulin (NovoRapid/Humalog/Apidra/Fiasp)

- If you remember within an hour eating you can give the dose needed for the amount of carbohydrate you have eaten.
- If you are 1-2 hours late, give half the dose needed for the amount of carbohydrate you have eaten.
- If you are more than 2 hours late, measure your blood glucose level and give a correction dose of rapid acting insulin using the correction doses (insulin sensitivity factor) given to you by your diabetes nurse or consultant. Your blood glucose meter or diabetes app may be able to work this out for you.
- If you use an insulin pump and you forget to give insulin with a meal, you can give the insulin immediately after you've eaten, or if it is more than 1 hour since you ate, you should carry out a blood glucose test and then ask your pump to give you a correction dose of insulin.

### Basal insulin (Lantus or Levemir once daily)

#### If usually taken at night:-

- If you remember before 2am, reduce the dose by 25-30% or by 1-2 units for every hour that has passed since the injection should have been given.
- If you remember the next morning, give half the usual dose, then return to usual dose that night.

#### If usually taken in the morning:-

- If you remember before 2pm, reduce the dose by 25-30% or by 1-2 units for every hour that has passed since the injection should have been given.
- If you remember that evening, give half the usual dose, then return to usual dose the next morning.

#### If taking twice daily Levemir:-

- If you remember after 2pm for the morning dose, or after 2am for the night time dose, omit that dose and continue with the next dose. Otherwise, give the dose as soon as you realise.

#### Tresiba (insulin Degludec):-

- If you take this insulin and forget to give your dose, give your usual dose as soon as you remember then return to your normal injection time so long as this is at least 8 hours since the last dose was given.

Remember these are only guidelines and everyone is different so it is essential that your blood glucose levels regularly if you have had to alter usual insulin routine or doses.