

Children and Young People with Type 2 Diabetes

Paediatric Diabetes Department

Blood Glucose Targets

Why check your blood glucose levels?

- ✓ To help you and your Diabetes team know if you are on the correct treatment plan
- ✓ To know more about your health so that you can take action where necessary
- ✓ To monitor symptoms of high and low blood glucose levels
- ✓ To view patterns and understand the effect that food and exercise has on your blood glucose levels

Blood Glucose Targets

- Before meals: **Between** 4 and 7 mmol/l
- Two hours after meals: **Below** 8.5mmol/l
- Before bed if you are using insulin: **Above** 7 mmol
- If you are on metformin **ONLY**, low blood glucose levels should not be a problem. Contact your Diabetes team if they are below 2.5mmol/L more than once – this is unusual.

How often should I test my blood glucose?

- When you are first diagnosed you will be asked to test regularly:
 - ✓ Before meals
 - ✓ 2 hours after meals
 - ✓ Before bed
- If you are on metformin **ONLY**, test:
 - ✓ 3 x fasted (prior to a meal or when you wake up)
 - ✓ 3 x 2 hours after a meal.
 - ✓ In time you will only need to test your blood glucose **4-6 times per week**

These tests are especially important prior to clinic appointments so that your medications can be adjusted.

Insulin

If your blood glucose levels continue to remain high despite being on medication, you may need to start insulin injections.

If you are on Insulin

You may be at a greater risk of low blood glucose levels (hypoglycaemia) which is why you need to test more frequently. The number of times you test a day will depend on your insulin regimen.

Insulin Regimen	Test
Injecting once a day	1-2 times a day before bed and first thing on waking (before food or beverage)
Injecting more than once a day	Test at least 4 times a day before meals and at bedtime
When testing to see if your insulin dosage needs to be adjusted based on the amount of carbohydrates you eat at meals	Test before meals and two hours after meals

Always test before driving. The DVLA recommends that your glucose is at least 5 mmol/l before driving. Please seek advice from your diabetes team if you are unsure about how often you should be testing.

Annual Review

Each year you should get all the below care and checks done:

- ✓ Blood glucose test (HbA1c test)
- ✓ Cholesterol check (for blood fats)
- ✓ Foot and leg check
- ✓ Free flu jab
- ✓ Blood pressure check
- ✓ Eye screening
- ✓ Kidney tests
- ✓ Help to stop smoking

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਕਰਮਚੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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