NHS
University Hospitals
Coventry and Warwickshire
NHS Trust

Paediatric Diabetes

Paediatric Diabetes - Exams and stress

Here are some tips and advice on how to cope with exams and stress:

- Get plenty of rest
- Exercise can help you to cope with exam nerves and stress.
- Stress and nerves can affect your blood glucose in different ways, remember you may need to adjust your insulin dose for high and low blood glucose readings.
- When revising, have regular breaks and remember that snacks are important as the brain needs energy to function effectively.

If you are taking an exam in the morning:

Eat a low glycaemic index breakfast (for example porridge oats, bran flakes or special K) this will reduce the chance of experiencing a hypo

If you are taking an exam in the afternoon:

Eat a low glycaemic index lunch (for example pasta) this will reduce the chance of experiencing a hypo

Always take your hypo treatment into the exam room with you, some Fast-acting glucose (for example Lucozade tablets) and also take a longer acting carbohydrate (for example biscuits like hobnobs or digestives) in a small container, so that if you need them you can get to them easily without making too much noise

If you feel hypo during an exam:

- Treat immediately
- Also inform the exam invigilator or a teacher on duty, so that a comment can be made on your exam paper
- An exam letter can be obtained from the diabetes team for you to hand in at school which explains that you have diabetes

Good luck in your exams!

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help or if you would like an exam letter.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

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