

Patient Information

Paediatric Diabetes

Paediatric Diabetes – Leaving Home

Hundreds of young people each year leave their family home, either because they are just ready to make a home of their own or because they are off to University or College.

If you have type 1 diabetes there are some extra factors to consider:

Meal patterns away from home can be very different. You may even be cooking and shopping for yourself for the first time. In this situation it is easier to forget to eat or miss a meal altogether so;

- Be prepared,
- Get organised,
- If all else fails, at least make sure you have bread and cereals available for a snack.

Make sure you register with a General Practitioner locally – some Universities/Colleges have a campus doctor who will need to be aware of your diabetes.

Consider insulin storage – you may be able to apply for a refrigerator in your room if you are at university/college.

You will meet new friends and they need to know about your diabetes.

Your social life may be hectic! You will do the same as your friends but do remember that alcohol and recreational drugs can have a profound effect on blood glucose. You might find it useful to discuss this with the diabetes team for more information.



Patient Information

When going out remember:

- Make sure you eat prior to drinking alcohol
- Try to limit alcohol – drink low calorie soft drinks
- Have a good supper after drinking alcohol
- Be sure to carry diabetes identification at all times
- Make sure a friend with you knows you have diabetes and knows what to do if you have a hypo
- Carry your usual hypo treatment – which ever you are used to using
- When going home after a night out with your friends make sure they drop you off first

Do you know what to do if you are ill?

Common coughs, colds or “flu” viruses will affect your diabetes control. This may be the first time you have needed to deal with illness alone. During any episode of illness you can expect your blood glucose levels to rise.

There are a few points to remember:

- **Never** stop taking your insulin – doses may need to increase even though you may not be eating.
- If unable to eat, try replacing usual meals with alternatives i.e. soup, ice cream, fruit juice, Lucozade, non-diet coke or pop, glucose, honey or jam.
- Test your blood glucose levels 2-4 hourly.
- If your blood glucose is more than 14mmol/l test for ketones using your blood ketone testing meter (Freestyle Optium or Freestyle Optium Neo)
- **Never** go to bed on a rising blood glucose level – stay awake, monitor and bring down levels.
- **If you have ketones and are vomiting this is an emergency situation and you must go straight to the nearest Accident and Emergency department** – do not forget that this can be a life threatening situation.

Patient Information

If your blood glucose levels are high give extra fast acting insulin using the guide below or advice from your blood glucose handset:

Suggested dose of extra Humalog/Novorapid in Units

Age	BG 12-15	BG 15-18	BG Over 18	BG Over 14mmol/L Check ketones
Under 7	1	2	3	
8-11	2	3	4	
Over 12	3	4	5	

If you are ill – **tell someone** – do not be alone!

If you are planning to live alone/leave home why not have a talk with your local Diabetes Specialist Nurse for more tailored advice.

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.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Paediatric Diabetes
Contact:	27230
Updated:	August 2021
Review:	August 2024
Version:	6.1
Reference:	HIC/LFT/543/07