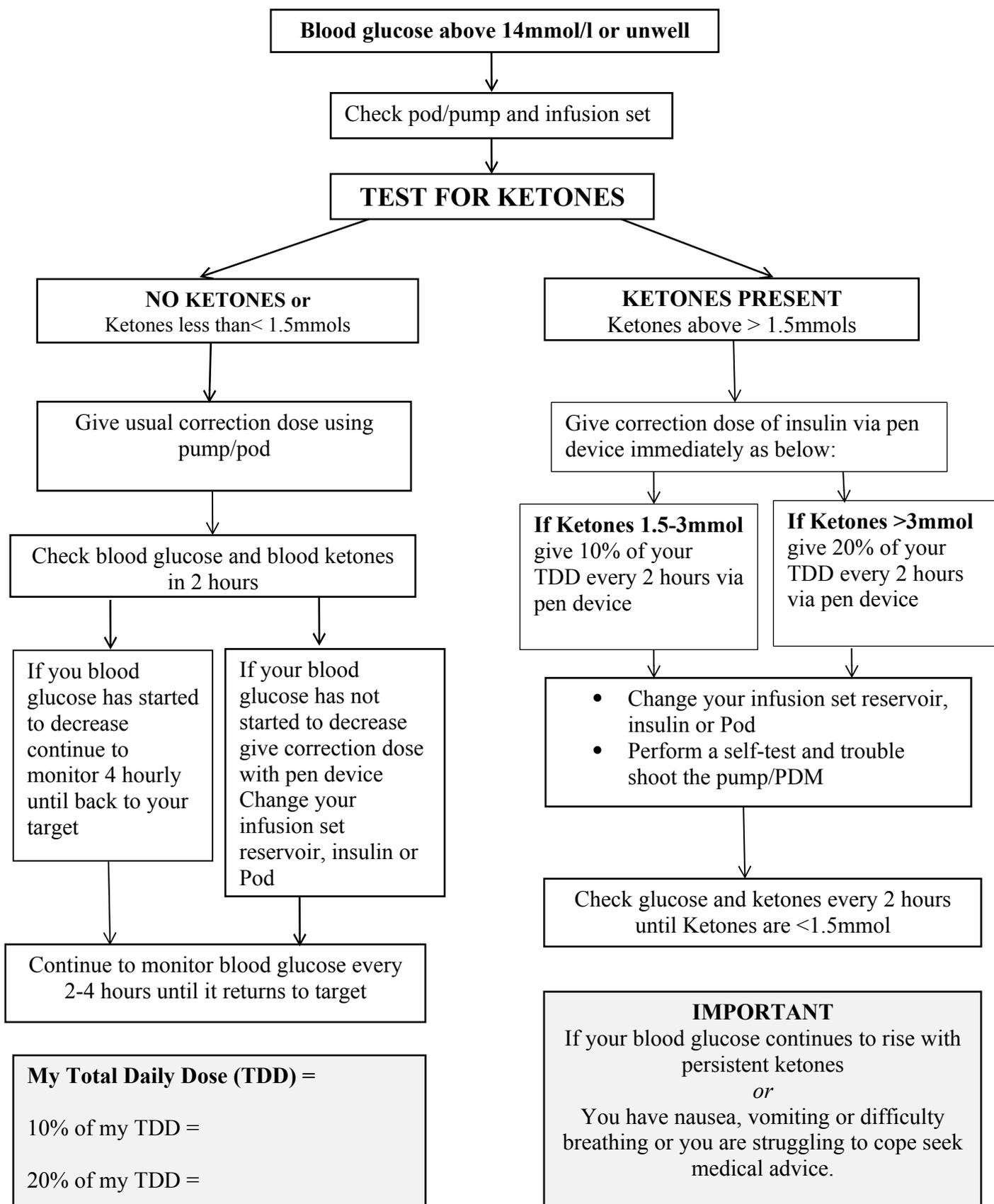


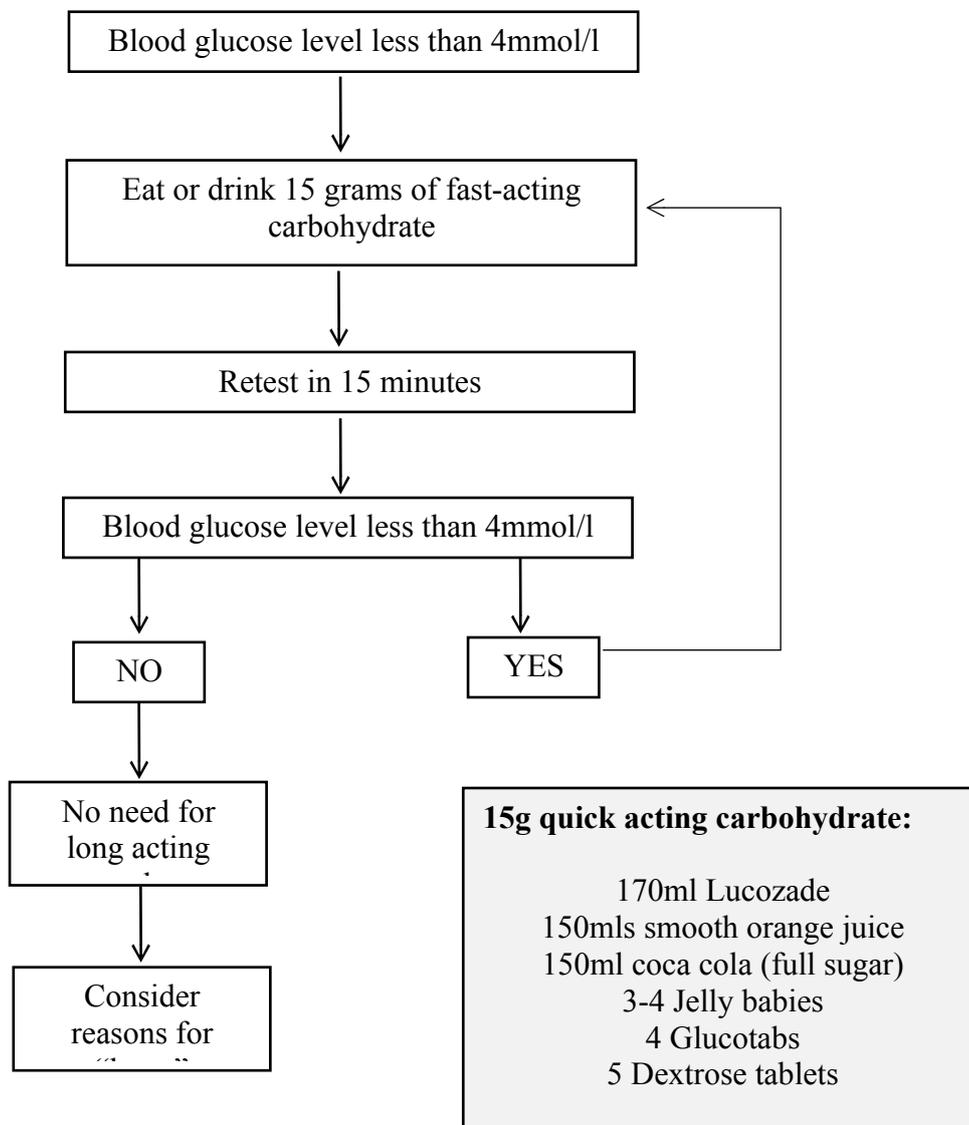
## Hyperglycaemia and sick day rules for insulin pump users



Please ensure you have sufficient insulin pump consumables, insulin pens, insulin vials, blood glucose test strips and blood ketone test strips.

Contact numbers Diabetes centre:  
 Cumberland infirmary 01228 814780  
 West Cumberland Infirmary 01946 523002

## Hypoglycaemia/low blood glucose: The 15:15 Rule for insulin pump users



Talk to your diabetes team if you are having frequent or disabling hypos or if you need help identifying the reason for your low blood glucose levels

## Checklist

There are some things you can do to help you manage your diabetes when you are unwell.

- Make sure you have enough:
  - Blood Glucose testing strips (within expiry dates)
  - Blood/Urine Ketone testing strips
  - Insulin/Medication
  - Hypo remedies
  - Insulin pens and needles
  
- Drink plenty of fluids
  
- Know your sick day rules
  
- Ask for help if you're not coping:
  - If you vomit for more than 4 hours or are unable to keep fluids down
  - Have persistent ketones despite increasing your insulin
  - If you become drowsy and/or breathless
  - If you have acute abdominal pain
  - If you are pregnant and have ketones
  
- You can call your GP, Practice Nurse, NHS 111, CHOC or in an emergency 999
  
- Your local Diabetes Centre contacts are:
  - Cumberland Infirmary, Carlisle 01228 814780
  - West Cumberland Hospital 01946 523002

If you are struggling to eat and drink try some of these alternatives which contain carbohydrate:

- Fruit juice
- Milky drinks/puddings
- 1 scoop of ice cream
- Tins of soup
- Yoghurt
- Porridge or cereal