

GENERAL DIABETES INSTRUCTIONS

Our Dear Diabetic Patient,

On behalf of The Patient Education Department at Fakeeh care group we wish you a good day and would like to share with you the following guidelines and instructions that will help you manage your blood sugar.

- Maintain regular clinical visits to your physician (6-3 months).
- Follow your physicians instructions in regards to the compliance of medication, timing and method of receiving it.
- Commit to a low carbohydrate, low glucose diet as well as visiting the dietitian that will help you arranging the most appropriate diet for you.
- Regular glucose checking on a daily basis. Record these results in the recording booklet that was given to you and bring it with you when visiting your doctor or health educator.
- Check the HBA1C every three months and maintain to be at the target level (7%) or according to your physicians specific target for you.
- Maintain regular checks up, such as: eye, kidney function and foot examination (daily foot examination at home)..etc

BE AWARE OF THESE SYMPTOMS:

| | if your blood sugar is high: (Blood sugar above 180) | if your blood sugar is low: (blood sugar below 70) |
|---------------------------------------|--|--|
| You might feel these symptoms: | Frequent urination. Extreme thirst and hunger. Blurred vision. Numbness in hands and feet | Shivering or tremors Sweating Difficulty speaking. Dizziness, fainting |
| Treatment: | Diet manage. Take medication regularly. Visit your doctor and take advice | you should always carry sugar with you. Take the proper amount of sugar. according to blood sugar level without consuming too much sugar. Check the blood sugar 15 minutes' after. In cases of fainting: the use of a glucagon injection is necessary (Ask your doctor or educator about it and make sure your family knows how to use it). |

Note

feeling the symptoms of low blood sugar while it's more than 70dl/min doesn't mean real low blood sugar. Rather, it is the body's reaction to a high blood sugar for long time.

If you are taking insulin, you should visit the Patient Education Department to get these instructions:

- Review the proper timing of taking your insulin injections.

- Learn how to inject your insulin, the correct sites of injection and the importance of changing the injection sites regularly.
- The storage of your insulin should be in place that the temperature is less than 25C (better to keep it in the refrigerator).
- Learn the different types of insulin you are taken and how it works.

Long-acting (Basal insulin):

Controls your glucose throughout the day. Reflexes the fasting glucose (8 hours after your last meal), which should be around 80-130 mg/dl.

It is not related to your meal.

It should be given regardless of eating or not.

It should be taken at fixed time or according to your physician's orders.

Examples of this type of insulin: Glargine (Lantus, Tujio), Dugludec (Trasiba), (Detemir) levemir.

Fast-acting (pre-meal):

It maintains blood sugar that are related to meals, to keep your blood sugar less than 180 mg/dl two hours after your main meal.

It should be taken immediately before meals and not given if the meal will be skipped.

Examples of this type of insulin: Glulisine (Apidra), Lispro (Humalog), Aspart (Novorapid) and regular insulin.