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اكاديميــة فقيــه الطبيــة Fakeeh Care Academy مجموعة فقيه للرعاية الصحية Fakeeh Care Group



General diabetic instructions



اكاديميـــة فقيـــه الطبيــة Fakeeh Care Academy

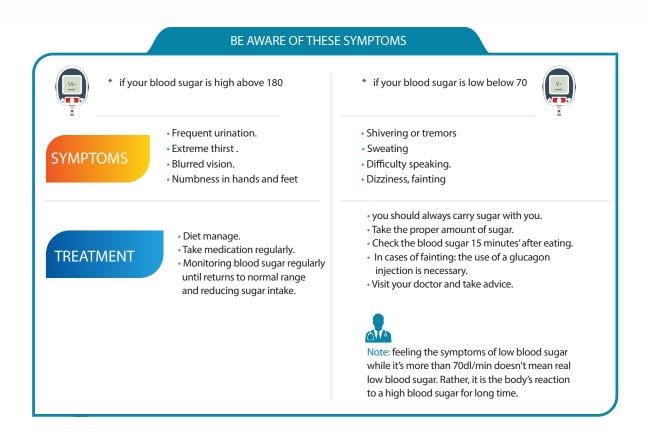


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General diabetic instructions

Our Dear Diabetic Patient,

- Maintain regular clinical visits to your physician (3-6 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



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.

Types of insulin:

- 1. 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.
- 2. 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 15 minutes or as a correction dose if blood sugar is high according to doctor or educator instrication.
- Examples of this type of insulin: Glulisine (Apidra), Lispro (Humalog), Aspart (Novorapid) & regular insulin.

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