



Hi, I'm _____ and I have Type 1 Diabetes.

Although I am perfectly capable of managing my diabetes on a daily basis by myself, which includes regular blood testing and taking of insulin, there are some rare occasions where I might need your support.

This sheet has been produced to give you all the information you will need in such an instance.

What is Type 1 diabetes? ★

Type 1 diabetes occurs when the body's immune system attacks insulin producing cells. Insulin is a hormone that helps to regulate blood sugar levels by turning food into energy.

How is Type 1 treated? ★

To survive, people with type 1 diabetes need to take daily insulin injections or use an insulin pump to attempt to keep their blood sugar levels within the healthy range of **4-7mmol**.

Sugar levels can also be affected by exercise, stress, climate, time of day and many other factors, making it difficult to judge the amount of insulin needed, which can sometimes lead to blood sugar levels rising too high (going **hyper**) or too low (going **hypo**).

If I have a high sugar level for a sustained period of time then I may start to vomit and have a pear drop smell on the breath. If this happens then please **call an ambulance** and the contacts in the Emergency box.

! IN AN EMERGENCY !

Sometimes I may also have had a hypo or had a sustained high blood sugar level in the middle of the night. If you can't get hold of me or you are worried for any reason please do call/text me. If I don't respond, then please notify my emergency contacts listed.

If in doubt or if I become unconscious, please put me in the recovery position and call 999. Please call:

Family/Friend Contact name and number:

Diabetes Specialist nurse name and number:

★ How can you tell if I am hypo?

Going **hypo** (or low) might happen because I've had too much insulin, exercised or drunk alcohol. However, sometimes there is no apparent cause.

Some example signs of a hypo include an (abnormally) pale face, confusion, glazed eyes, lack of concentration, slurring of words, unusual behaviour e.g. anger, sweating, becoming quiet or withdrawn.

My personal signs are:

I can usually self treat a hypo, but if it comes on quickly I may require help to treat myself.

This is where you come in...

★ What to do if I need your help

If I am showing any of the signs above what I need is sugar, which usually I'll realise myself but if I don't please follow the steps below:

- 1** Ask me if I am ok and whether I can test my blood sugar level. If I can test my blood sugar level and it is less than **4.0** or if I am unable to do this then move straight to step 2.
- 2** Please help me find my personal hypo treatment, this is _____ located _____
If this is unavailable then please find me something sugary e.g. fruit juice, non diet drink or sweets.
Please don't force me to drink fluids or eat solids. Especially those containing: _____
(e.g gluten) if I can't.
- 3** Recheck my blood sugar level 15 minutes after treatment. If still below **4.0** then repeat step 2
If I take insulin injections I may also need you to give me something starchy like toast, cereal or biscuits.

If you have any questions then please ask me or find out more information on the science behind all this at www.diabetes.org.uk or by scanning this code:

