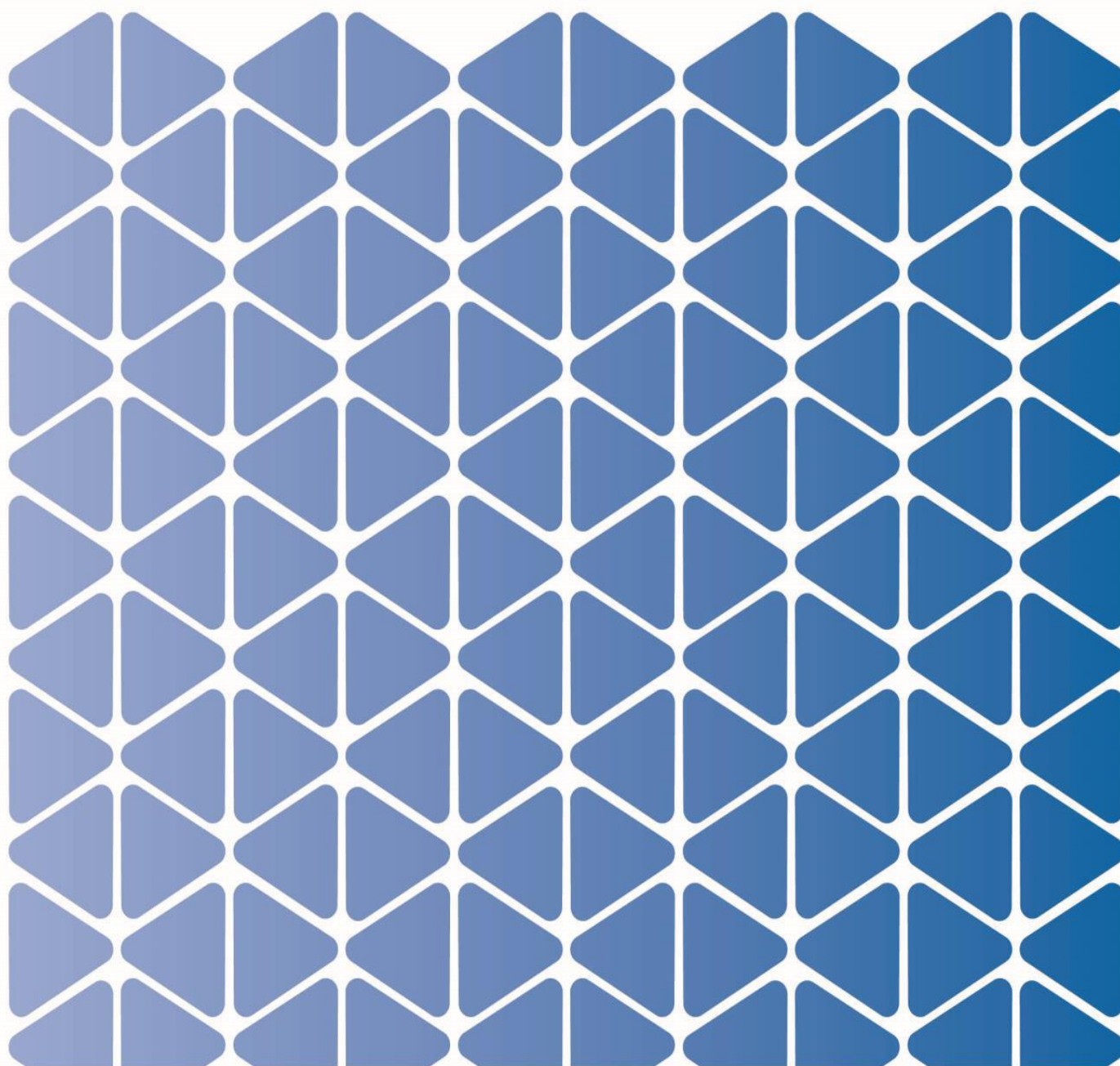


PATIENT INFORMATION**PAEDIATRIC DIABETES –
Insulin Injections**

You will be shown how to use your insulin pen device and how to give an injection by your nurse.

Your type of insulin is called:

Basal/ Bedtime/ long acting insulin

Bolus/ mealtime/ rapid acting insulin.....

Your insulin pen device is called:

1.....

2.....

Your pen needles are called

.....

Your needle size is

.....

Your injections of insulin will be due at:

15 mins before Breakfast

.....

15 mins before lunch

.....

15 mins before Tea

.....

Before Bed (Same time each day)

.....

Where to inject your insulin

It is recommended that your chosen injection sites are:

- Thighs
- Upper outer buttocks
- Tummy (only for bolus/mealtime insulin and if enough subcutaneous fat in this area)
- **Arms (only use if shown as a difficult site to get right & not for everyone)**

Different injection sites absorb insulin at different rates.

Your tummy is a good place for your morning injection or when using quick acting insulin.

Your thighs and buttocks are good for your evening injection or your slow acting insulin.

Useful Tips

- Do a 2-unit air shot before dialling up your dose of insulin.
- Always rotate your injection sites using the same site at the same time of day.
- Do not use the exact same place to inject as the last time. Move the place of your injection about a fingers width from the place you used last time.
- Use a new needle for each injection
- You will be taught how to hold your skin with your fingers before injecting to create a skin lift if needed.



- Push the needle straight into the skin at 90° as far as it will go and with your thumb push on top of the plunger smoothly to give all your insulin dose.
- Count 10 seconds before removing the needle and then releasing the skin.

- Always remove your needle after giving your injection, and dispose of it safely.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.