

Main Diabetes medication:	What is it for	Additional information
Include dose	<i>lower blood glucose</i>	<i>How to take, side effects</i>
Insulin Treatment	Usual dose	Additional information
name		
Blood glucose testing	Yes <input type="radio"/>	No <input type="radio"/>
Type of meter		
How often should you test		

Additional Notes e.g. Pharmacy review



Your Diabetes Care Plan

- ▲ Your diabetes should not prevent you living a normal, healthy life. This Care Plan using the Alphabet Approach can help you.
- ▲ You should work towards achieving your personalised targets for BP, cholesterol and diabetes control. National usual targets have been advised by Diabetes UK.
- ▲ Diabetes UK has stated 5 Healthcare Essential Standards that everyone with diabetes should receive. This includes:
 - ▲ Specialist team to provide long term care
 - ▲ Safe driving and work-related advice
 - ▲ High-quality care if admitted to hospital
 - ▲ Specialist care if planning to have a baby
 - ▲ Opportunity to discuss any sexual problems
 - ▲ Access to psychological support if needed
- ▲ These targets and Healthcare Essential Standards will help you reduce the risk of all the **complications of diabetes including heart disease, strokes, amputation, blindness, kidney disease and hospital admissions for complications**. A good outcome to a pregnancy would also be far more likely for mother and baby.

Key Contact	How can they help	Contact Details
GP	Management and Co-ordination of Care	
Practice Nurse		
Pharmacist	Help with medicines	
Podiatrist	Foot care	
Dentist	Oral care	
Dietitian	Diet	
Diabetes UK	Support / Info	
Eye Screening	Annual screening	
Hospital Team	Specialist Care	

My current health and wellbeing			Your target	Result	Target next review	National Targets
Things I would like to discuss or have help with – tick						
Physical activity	Diabetes control		Kg BMI			≤25
Weight Management & diet	Eye Care					Non smoker
Smoking	Foot Care					Within 12 mths diagnosis
Blood Pressure	Medications					Annual vaccination
Cholesterol control	What to do when ill?		Flu vacc			
Pregnancy	Travel					
Anything else?						
Questions I have?						
What is good or has improved about my health						
Concerns I have about my current health and wellbeing						
To improve my health & wellbeing I want to be able to? (MY GOALS)			Reading			140/80 or less
To achieve them I will need to do the following?						
How important are they to me? Not important 1 2 3 4 5 6 7 8 9 10 Important			Cholesterol			5 mmol/l or less
How long will this take?			Creatinine UACR			Kidney tests yearly
			HbA1C Avoid Hypos			HbA1c 58 mmol/mol or less (7.5%)
			Date last Check			Yearly check
			Date last Check			Daily and Yearly check
			Guardian Drugs: ▪ Take your medications as advised. Many are essential to avoid complications such as heart and kidney disease.			? taken regularly

Treatments

Metformin

Class of drug: Biguanides.

What it is used for: Can be used to treat type 2 and gestational diabetes.

How it works: Decreases the amount of glucose in the blood as it reduces the amount of glucose absorbed by food and the amount of glucose which is produced by the liver. Metformin also increases the sensitivity to the insulin produced by the body which lowers the blood sugar level. It can be taken as a tablet or liquid with meals two-three times a day.

Important Notes: Some common side effects include feeling sick, being sick or having diarrhoea – If these signs are shown, take medication after food and take many small sips of water to avoid dehydration. Other side effects include a lack of appetite, stomach-ache, and a metallic taste in the mouth. A long-term side effect is low Vitamin B-12 levels.

Gliclazide

Class of drug: Sulfonylurea.

What it is used for: Can be used to treat type 2 diabetes (when the body does not produce enough insulin or insulin that doesn't work properly) when exercise and diet alone is not sufficient.

How it works: This works by stimulating the pancreas to secrete higher levels of insulin which decreases the amount of glucose in the blood; therefore, prevents the risk of the blood sugar reaching a high level. Can be taken as a standard tablet which may need to be taken several times a day varying on the dose or as a slow-release tablet which can be taken once a morning.

Important Notes: Common side effects include indigestion, nausea, vomiting, diarrhoea, and constipation. Blood sugar levels could also go too low, known as hypoglycaemia. Rare serious side effects include liver problems or blood disorder.

SGLT2-i

Class of drug: Gliflozins.

What it is used for: Can be used to treat type 2 diabetes.

How it works: By lowering the blood sugar levels as it prevents the kidneys from reabsorbing the glucose which is created by the body. The excess glucose which is not reabsorbed then passes out the body in the urine; thus, lowering blood sugar levels. SGLT2 inhibitors can be taken in the form of a tablet and should be taken at the same time each day accompanied with some water.

Important notes: The most common side effects of SGLT2 inhibitors include genital yeast infections, flu-like symptoms, kidney problems, dehydration, and a sudden urge to urinate. In some rare cases, diabetic ketoacidosis, associated with the use of SGLT2 inhibitors can occur even if the blood sugar level is not very high. If ketoacidosis is suspected, the SGLT2 inhibitor should be discontinued, and treatment instituted promptly.

Treatments

DPP4-i

Class of drug: Gliptins.

What it is used for: can be used to treat type 2 diabetes.

How it works: Prevents the function of DPP4 which destroys the hormone incretin; this hormone helps to regulate insulin levels and increases the level of insulin at mealtime. With the DPP4 being inhibited, the level of insulin rises which therefore reduces the amount of glucose in the blood reducing the blood sugar level. DPP4 inhibitors can be taken in the form of a tablet and should be taken at the same time each day accompanied with some water.

Important Notes: Common side effects include constipation, vomiting, nausea, diarrhoea, indigestion, gastritis, and gastro-oesophageal reflux. An uncommon side effect is acute appendicitis which needs urgent medical attention.

Insulin

Class of drug: Hormone.

What it is used for: Regulating blood sugar levels to use glucose for respiration.

How it works: In type 1 diabetes, the pancreas does not produce a sufficient amount of insulin; thus, insulin injections are required to control the blood sugar level. Long-acting insulin injections can be taken 1-2 times a day and gives insulin despite eating or not. Fast acting insulin injections can be taken with every meal and helps to reduce the rise in glucose caused by meals. Insulin pumps can be used as an alternative to injections as it regularly gives insulin throughout the day.

Important Notes: Can cause hypos, when the blood sugar level is too low, and can also cause weight gain which can be controlled with a healthy diet and regular exercise.

GLP1-RA

Class of drug: glucagon-like peptide 1 (GLP-1) agonists.

What it is used for: can be used to treat type 2 diabetes.

How it works: increasing the level of incretins which helps to produce more insulin when needed. Also reducing unnecessary amounts of glucose by preventing the liver releasing too much sugar into the blood and reducing the rate of digestion so glucose levels do not spike after a meal. It is taken as an injection varying from daily to weekly.

Important Notes: Side effects include gastrointestinal symptoms, mainly nausea. Other common adverse effects include injection site reactions, headache, and a cold.

Glitazones

Class of drug: Thiazolidinediones.

What it is used for: can be used to treat type 2 diabetes.

How it works: makes the body more sensitive to naturally produced insulin – this makes the insulin more efficient in lowering blood glucose and a lower blood sugar level as it makes it easier for glucose to enter cells.

Important Notes: Common side effects are weight gain, eye problems and throat, chest or sinus infections. Other side effects can cause dehydration and hypos.

Your sick day rules - diabetes management when you're sick

- Don't panic – contact your diabetes team who will help you if you have any queries or if you are unsure about what to do.
- Keep taking your diabetes medications – even if you don't feel like eating. But there are some medicines that you shouldn't take as much of or stop taking altogether. Make sure you talk to your diabetes team as soon as you're feeling ill so they can give you the right advice.
- If you **check your blood sugar** at home you'll probably need to do it more often – at least every four hours, including during the night. If you don't test your blood sugar levels at home, be aware of the signs of a **hyper** (hyperglycaemia).
- Stay hydrated – have plenty of unsweetened drinks and eat little and often.
- If you have type 1 diabetes, it's important to check for **ketones**. You usually check when your blood sugar level is 15mmol/l or more, or 13mmol/l if you use an insulin pump. But your diabetes team may have given you different targets, so regardless of what your blood sugars are saying – test for ketones. If you find ketones, contact your diabetes team.
- If you take a certain type of diabetes tablet called **SGLT2i** and become unwell, you should stop taking these. You need to check your ketones and your blood sugars (if you've been told to do this and have the kit), and speak to your healthcare team. There are different types of **SGLT2i tablets** so check our list for all the brand names. Taking these tablets when you're not very well could increase your risk of developing **diabetic ketoacidosis (DKA)**, so you need to know the **symptoms** to look out for.
- Keep eating or drinking – if you can't keep food down try eating little and often. Try snacks or drinks with carbohydrates in to give you energy. Try to sip sugary drinks (such as fruit juice or non-diet cola or lemonade) or suck on glucose tablets or sweets like jellybeans. Letting fizzy drinks go flat may help keep them down. If you're vomiting, or not able to keep fluids down, get medical help as soon as possible.