



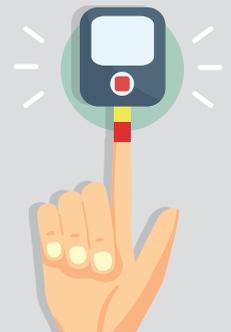
Chronic Disease Management: Diabetes



Patients with diabetes are advised to:



- Strictly adhere to the prescribed dosage of insulin, do not miss even a single dose.
- Keep an adequate supply of medicines and devices such as insulin pens, refills, needles, pump supplies, glucometer strips, always handy.
- Stay in contact with your treating doctor.
- Monitor sugar levels regularly.



- Contact your doctor if you experience any of these **hyperglycaemia** symptoms: excessive urination (especially at night), extreme thirst, headaches, fatigue and lethargy.
- For those with Type 1 Diabetes:

Check your blood glucose every four hours (even at night).

If required, please take extra insulin to bring down higher blood glucose levels.

Contact your doctor immediately if you have symptoms of Diabetic Ketoacidosis- high levels of ketones in the urine, high sugar levels, nausea and vomiting

- If experiencing **hypoglycaemia** or low blood glucose (< 70 mg):

Eat 15 grams of simple carbohydrates such as glucose, honey, jam, hard candy, juice or regular soda

Re-check your blood sugar in 15 minutes to ensure levels are rising.

Contact your doctor if symptoms persist.





- Stay hydrated and eat small meals every two-three hours.
- Wash your hands frequently and clean your injection/infusion and finger-stick sites regularly.
- Do not start any medication without consulting your doctor.
- Keep your **diabetes management plan** handy in case of an emergency: current prescriptions, contact details of treating consultant, pharmacy and insurance company.
- If you have any symptoms of cough, fever or breathlessness, seek medical attention immediately.
- Following hand hygiene, wearing masks and maintaining social distancing at all times is a must.



ISSUED IN PUBLIC INTEREST BY



Content by :
Dr. Sweta Budyal,
Consultant-Endocrinologist & Diabetologist, Fortis Hospital, Mulund

#TheNewNormal

#LivingWithCovid

For more information, write to reachus@fortishealthcare.com
To book an e-consult, visit www.fortishealthcare.com

**WHILE
VISITING US,
PLEASE:**



WEAR A
MASK AT
ALL TIMES



MAINTAIN
SOCIAL
DISTANCING



CARRY
HAND
SANITISER