

## BLOOD GLUCOSE MONITORING CHART (ADULT)

<p align="center"><b>ACCEPTABLE BLOOD GLUCOSE RANGE: 4 – 11 mmol/litre</b></p>		<p>HOSPITAL NO:</p> <p>SURNAME:</p> <p>FIRST NAMES:</p> <p>ADDRESS:</p>
<p><b>However, the following blood glucose range is acceptable for this patient:</b></p> <p>_____ – _____ mmol/litre</p>	<p>Sign:_____ Date:_____</p> <p>Print Name:_____</p> <p>(NB: cross through range above)</p>	<p>DATE OF BIRTH:</p>

✓	Suggested Frequency of Inpatient Blood Glucose Monitoring (to be completed by Qualified Nursing Staff)	
	Diet Controlled Type 2 Diabetes	Four times a day for the first 48 hours of admission.
	Oral Hypoglycaemic Agents	When stable, monitor twice daily.
	Byetta® (exenatide)	If treatment changes or patient is medically unwell, increase to four times a day for 48 hours. When stable, monitor twice a day.
	Once Daily Insulin +/- Oral Hypoglycaemic Agents	
	Twice Daily Biphasic Insulin	
	Basal Bolus Insulin (i.e. at least 4 insulin injections per day)	Four times a day
	Carbohydrate Counting Regimen (e.g. Dafydd, Dafne, Bertie)	
	Continuous <i>subcutaneous</i> insulin infusion (Insulin Pump)	
	Other (specify):	

**Management of LOW blood glucose ( < 4 mmol/litre )**

- Treat promptly and inform medical staff
- Refer to Trust Guidelines on Management of Hypoglycaemia
- Increase frequency of monitoring to four times a day for 48 hours afterwards (to ensure there is no recurrence)
- Always consider the potential causes of hypoglycaemia

**Management of HIGH blood glucose ( > 11 mmol/litre )**

- Increase monitoring to four times a day, if > 11mmol/litre on two consecutive occasions, inform medical staff
- Inform medical staff immediately if blood glucose > 20mmol/litre
- Check ketones in:
  - patients with Type 1 Diabetes
  - pregnancy
  - any patient with a blood glucose >17mmol/litre
  - any patient with symptoms of Diabetic Ketoacidosis
- Inform medical staff if ketones present in urine/blood
- Refer to Trust Guidelines on Management of Diabetic Ketoacidosis if necessary
- Do not prescribe 'when required' doses of soluble insulin
- Always consider the potential causes of hyperglycaemia

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