

# If you have diabetes and have to attend or be admitted to hospital, these 5 tips will help you prepare for a safe hospital stay.

Insights from SHINE Study

Co-designed with people with diabetes and frontline staff.

**Tell hospital staff that you have diabetes.**



Don't assume they already know, as not all healthcare records are fully integrated.

Let staff know if you use diabetes tech (glucose sensor/insulin pump) or have had any recent issues such as "hypos" (low glucose levels)

**Keep an updated list of your usual medications easily accessible.**

If you take insulin, include its full name, doses and timings.



Consider sharing your list with a trusted family member or friend, who can help supply accurate information if you are too unwell to do so.

**Take your medications and usual diabetes management kit with you into hospital, if possible.**



Especially your insulin, if you take this.

**If you want to and are well enough, you should be able to self-manage your insulin in hospital.**



Discuss this with the staff looking after you, so an agreement form can be signed for you to manage and have access to your insulin.

**If you are due to have a surgical procedure, ask to be provided with "My diabetes passport: planning for surgery".**



This contains important information about preparing for surgery for a person with diabetes.

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