

# Information for those with diabetes during your hospital stay

Information for patients



Leeds Centre for  
Diabetes and Endocrinology

We hope the following information will be helpful to you.

### **What can I expect?**

Nursing staff will monitor your diabetes or you may be invited to monitor your diabetes yourself.

Being in hospital is different than being at home so it is likely your medication might change.

### **Diabetes Team**

The Diabetes Team are available if the staff looking after you needs support with your diabetes management.

If you are under 19, please ask the ward staff to contact the young people's diabetes team. If you have any questions, please do not hesitate to ask your named nurse.

### **Managing your diabetes**

If you would like to manage your own diabetes while you are in hospital, staff will support you in doing this.

Staff will need to ask you some questions about your diabetes and check that all your equipment works, as well as discussing the safe storage of your medications with you.

If you choose not to self-manage the medical and nursing team will take decisions on your behalf but, wherever possible, you will be consulted.

If you need intravenous insulin or you are not well enough to make your own decisions, medical and nursing staff will take over the management of your diabetes until you feel well enough to look after yourself.

If you wish to take this responsibility, staff will ask you to sign your care plan and prescription chart.

## **Blood testing**

To do this yourself, you will need to provide your own test strips and lancets. We will also have to check your equipment to calibrate it with the hospital system. Staff will ask you to record your blood results and will show you where to do this so that they are aware of the decisions you have taken.




## Choosing from the hospital menu if you have diabetes

If you are in hospital and you have diabetes, this leaflet is to give you some guidance to help you choose appropriate foods from the menu.

Most people who have diabetes are encouraged to choose a 'healthy diet', similar to the one also recommended for the general population which is restricted in fat, salt, added sugar and sometimes restricted in calories (energy), particularly if you are trying to control your weight or to lose some weight.

Items on the hospital menu have been coded to help you choose from the menu and if this type of diet is appropriate for you, the menu is coded for Healthier Choices.

Try and choose items which have the following code against them:

 **Healthier Choices are lower in fat, salt and sugar, and are suitable choices if you have been advised to follow a 'healthier diet'; for example, for your diabetes or for your heart health, or if you are trying to lose weight**



*Remember, these important points to ensure that you have a healthy diet for your diabetes while you are in hospital:*

<b>Regular Meals</b>	<ul style="list-style-type: none"><li>• Eating three meals a day - breakfast, lunch and the evening meal whilst you are in hospital.</li><li>• If you have been advised to have snacks in between meals for your diabetes, these can be provided on the ward.</li></ul>
<b>Cut down on sugar</b>	<ul style="list-style-type: none"><li>• The desserts on the menu which are lower in added sugar are marked with a 😊 so try and choose those.</li><li>• If you are trying to lose or maintain your weight, then limit ice-cream.</li></ul>
<b>Starchy foods at each meal</b>	<ul style="list-style-type: none"><li>• Try to make sure that you have some starchy food at each meal:<ul style="list-style-type: none"><li>▪ Breakfast - cereal, bread, toast.</li><li>▪ Lunchtime - jacket potato, sandwiches, salad with bread roll.</li><li>▪ Evening meal - potatoes, rice, pasta (try to choose those marked with a 😊).</li></ul></li></ul>
<b>Eat more fruit and vegetables</b>	<ul style="list-style-type: none"><li>• Aim for your five portions per day - the menu while you are in hospital offers you fruit juice and a selection of salad side dishes at lunchtime, with fresh fruit or fruit pots in juice as a dessert.</li><li>• The evening meal offers a selection of fresh vegetables and again, there is fresh fruit or fruit pots in juice offered as a dessert.</li><li>• Try and have fresh fruit as a snack between meals (if needed) during the day.</li></ul>
<b>Eat less fat</b>	<ul style="list-style-type: none"><li>• All items on the menu which are marked with a 😊 are lower in fat so try to choose these options</li></ul>

## The DAFNE approach - If you are Carbohydrate Aware (Carbohydrate Counting)

If you have diabetes and have been encouraged to count your carbohydrate / estimate the carbohydrate value of foods you like to eat so that you can match this with the correct insulin dose, then you may find the information about the carbohydrate content of items on the menu helpful. Ask the ward staff or dietitian if you would like this information.

## If you are losing weight unintentionally due to your medical condition and treatment

If you have diabetes but are losing weight unintentionally due to your medical condition, treatment or after surgery, it is likely that you may need to choose a Higher Energy diet. In this case you may be advised to choose items on the menu which are coded for Higher Energy, as follows:

**\* Higher Energy items are suitable if you have a small appetite or require food high in energy due to your illness, weight loss or surgery**



## Foot care

It is important that whilst you are in hospital you look after your feet to prevent skin damage, sores or ulcers.

### Useful hints

- Wear slippers, even when sitting in the chair, to avoid accidentally treading on sharp objects.
- Moisturise daily any dry skin; hospitals are hot and dry and can make your feet dry. Pay particular attention to your heels as they can get sore with lying in bed.
- Avoid picking and scratching your feet.
- ALWAYS ask for help if you are concerned.

**If your feet are causing concern, speak to the staff looking after you; they will refer you to the Foot Health Team who will advise, as necessary.**



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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Produced by: Medical Illustration Services • MID code: 20200713\_048/JG

LN004640  
Publication date  
09/2020  
Review date  
09/2022