

GETTING STARTED

if you have diabetes

for people with Type 2 diabetes

Introduction

Diabetes is a condition in which the body cannot make proper use of sugar from food. This sugar can build up and make you

thirsty



moody



tired



go to the
loo a lot



especially
at night

lose weight



blurred
vision



headache

Treatment

eat regular meals

breakfast



light meal



main meal



eat the right food

good food



enjoy regular activity

swimming



walking



your doctor may
give you tablets to
take every day



do not smoke



If your blood sugar is often too high (more than 10) you need to

1. Drink water
2. Tell your nurse, doctor or carer

If your blood sugar is too low (less than 4) you need to



take 2 heaped
teaspoons of sugar
in a drink (or 3
glucose tablets)



+



followed by a milky
drink and a light meal.
Re-check your sugar
levels. Eat your normal
meals at the usual times.

If it is often too low, tell your nurse, doctor or carer

Eat ✓

bread, potato, pasta,
rice, plain baked
products eg. teacake,
scone, cracker



lean meat, fish, eggs,
beans, cheese, milk,
yoghurt



fruit and vegetables



low sugar breakfast
cereal eg. Weetabix,
Readibrek, Shredded
Wheat



sweetener
eg. Canderel,
Hermesetas,
Sweetex



Do not eat ✗

sweets, chocolate,
cream cake, sweet
biscuits (including
special diabetic
products)



pasties, meat pies
sausage rolls



fried foods



sugar, chocolate and
honey coated
breakfast cereal



sugar added to food
and drink



Drink ✓

water, tea, coffee,
sugar-free drinks



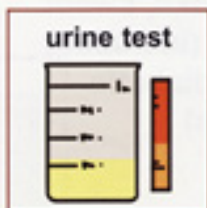
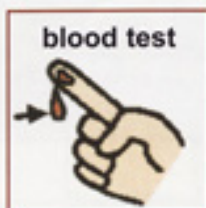
Do not drink ✗

ordinary squash or
fizzy drinks
eg lemonade, cola
and lucozade

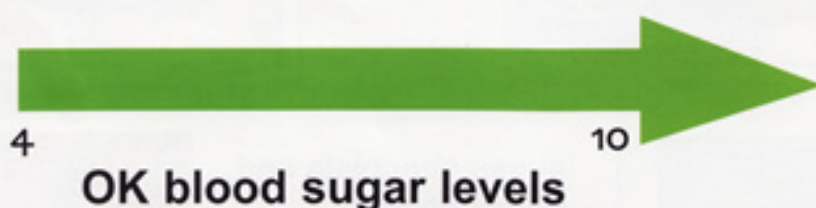
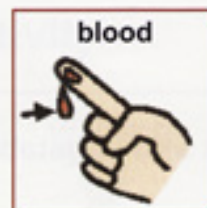
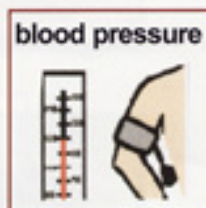


Monitoring

Your blood or urine will be checked regularly for sugar



You will have an annual check



Identification

Get a Treatment Identity Card and carry it with you.

Speak to your nurse or Diabetes UK

For more help contact

your doctor	tel:
community team	tel:
diabetes nurse	tel:
NHS Direct	0845 4647
Diabetes UK	020 7424 1000



Developed by Carole Adams, Community Nurse,
Margaret Crossley and Libby Russell, Community Dietitians.
Bristol Central Community Learning Difficulty Team.

Tel: 0117 958 5666

If you feel unwell your blood sugar levels may be too high or too low (a level of 4 - 10 is OK)

Signs of high sugar level (hyperglycaemia)

more than 10



very tired



thirsty



going to the
loo a lot



tummy ache

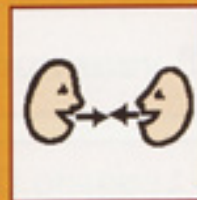


feeling unwell

If your blood sugar is often too high



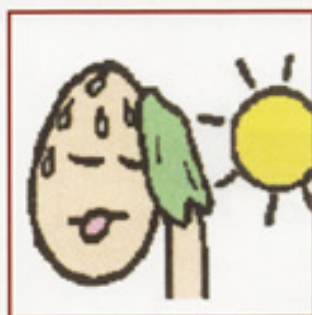
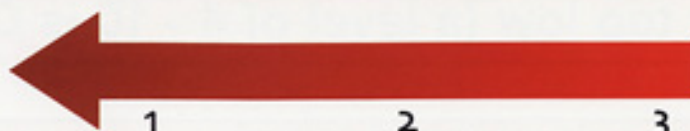
drink water



tell your nurse,
doctor or carer.

Signs of low sugar level (hypoglycaemia)

less than 4



sweating



blurred vision



shaky or
trembly



anxious or
irritable



falling or
feeling faint

If your blood sugar is too low (less than 4)



take two heaped teaspoons of sugar in
a drink (or 3 glucose tablets)



+



followed by a milky drink and a
light snack e.g. toast or a
sandwich then re-check your
blood sugar level

Eat your meals at the usual times

If it is often too low, tell your nurse, doctor or carer