

INSULIN DIABETIC INSTRUCTIONS

Day Before Test: Take breakfast and lunch injection as normal.

For evening dose take only half amount of insulin. Check BSL half an hour later. If BSL lower than 5 have a sugary drink ie lucozade, orange juice. If BSL greater than 12, take remaining half amount of insulin.

If taking bedtime dose, check BSL first. If lower than 5 have a sugary drink or barley sugar. If greater than 12, take bedtime dose.

Day of test: Check BSL. If lower than 5, suck on a barley sugar. Do not take insulin. Bring to the centre with you.

VERSION 1
9.5.2008

FREG 49

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