

Finally, we look forward to seeing you. If you have any questions please telephone or alternatively write them down and bring them with you when you attend clinic.

Contact Numbers:

Diabetes Reception: 01744 646200

(Messages are picked up regularly and calls returned).

ICE- Insulin Carbohydrate Education

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Introduction to ICE

The ICE (Insulin Carbohydrate Education) course has been running since 2005. It is a course for people with type 1 diabetes, treated with basal bolus insulin, aimed at educating you about a flexible approach to managing your diabetes. ICE is facilitated by a Diabetes Specialist Dietitian.

Time and Duration

The course is a 2 hour carbohydrate counting appointment with a specialist dietitian in the ICE clinic at the Diabetes Centre, St Helens Hospital.

We would strongly encourage you to come to this appointment, but if you can not, please let us know and we will try to accommodate you.

If you are attending the ICE clinic in preparation for going on an insulin pump, this session will help to equip you with some of the key strategies to manage diabetes on with an insulin pump.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Aims of the Session

We hope that, after completing the session you will have confidence to:

- Be able to identify carbohydrate sources in the diet
- Adjust your insulin based on your carbohydrate intake, using your insulin ratio
- Use a correction dose (adjust your insulin to high blood glucose levels)
- Ask for advice if needed, and feel supported by your diabetes team.

Non-Attendance

The ICE course is popular, with spaces filling up quickly. If you are unable to attend the course, we would really appreciate if you could let us know as soon as possible, as someone else could then be offered a space.

To rearrange, please ring reception on 01744 646 200.

If you do not attend a session on the ICE course, without notifying us beforehand, you will receive a 'did not attend' letter, and your GP will be copied in. You will need to be referred back into ICE if you would still like to attend.