

Further information

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).

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633



/sthknhs



@sthk.nhs

www.sthk.nhs.uk



St Helens and Knowsley
Teaching Hospitals
NHS Trust

ICE – Insulin Carbohydrate Education

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Author: Care Lead
Department: Diabetes
Document Number: STHK0651
Version: 6
Review date: 31 / 10 / 2023

Introduction to ICE

The ICE (Insulin Carbohydrate Education) course has been running since 2005. It's 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

In view of the Covid-19 pandemic and in line with social distancing measures the course will now be replaced with a 2 hour carbohydrate counting appointment with a dietitian specialist 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't, 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.

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.