

## Contact Details

If you have any further questions about this clinic, please do not hesitate to contact the Diabetes Centre on 01744 646 200.

Alternatively, you can contact our Diabetes Integrated Care Lead via

e-mail: Lesley.Mitchell2@sthk.nhs.uk.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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

 /sthknhs  @sthk.nhs  
[www.sthk.nhs.uk](http://www.sthk.nhs.uk)



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# Insulin Clinic Dietitian Group

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.

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## About the Session

This session is undertaken after you have been newly commenced on or recently changed your insulin.

It will be with a Dietitian who is trained in Diabetes.

The session will be held as part of a group and there will be other patients who will also be present with you at the time of the appointment.

Therefore, it may be helpful to prepare any questions that you have for the Dietitian in advance.

## What's Involved?

The Dietitian will undertake an education session on food and dietary advice, alcohol consumption and achieving better control through lifestyle changes and insulin.

You will be asked to bring your blood glucose diary with you.

This will allow the Diabetes Specialist Nurse (DSN), in conjunction with the Dietician, to see if your insulin doses need to be adjusted to achieve better control.

## We will cover the following topics:

- Healthy eating
- Meal patterns and snacks
- Choice of carbohydrate/portions
- Hypoglycaemia (low blood sugars) and dietary management
- Exercise and dietary management
- Holidays and dietary management
- Alcohol and dietary management

The DSN will also discuss your blood glucose results and advise regarding any adjustment to your insulin doses.

If you are not suitable to be discharged back to your GP and require further follow-up, the Dietitian/DSN will arrange further input and support in one of our other specialist clinics.