

## PATIENT INFORMATION

# Self-Administration of Your Insulin While in Hospital

A self administration programme is used by the nursing team on the ward to allow patients, where possible, to be responsible for injecting their own insulin. Self administration is not compulsory and you need not feel that you have to take part.

Self administration is designed to retain your independence whilst in hospital. If new to insulin, this practice in hospital (with support) will help to improve your knowledge about insulin administration so that you are better able to cope with it when you leave hospital.

Patients on this ward are assessed by nursing staff in order to see if self administration is suitable for their needs. If you agree to self administer insulin, you will be asked to read and sign a consent form. You will also be asked by nursing staff when you gave your insulin and what dose so that the nurse can record it on the prescription chart.

Your own insulin from home can be used unless an alternative has been prescribed. Please store your insulin and equipment including your sharps box safely in your bedside locker or within your bag. We ask that you remove your pen needle after each insulin injection and dispose of it (or insulin syringe) safely in the sharps box provided.

In hospital we use a capillary blood glucose meter tested for accuracy and reliability. If your blood glucose is due to be checked, please ask a member of the nursing team.

If you use an interstitial glucose monitor (e.g. Libre or dexcom device) this may be used for additional readings. The nursing staff will still need to use the Trust glucometers as per policy.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.