

MANAGING YOUR BLOOD GLUCOSE (BG) AT SCHOOL

Mornings are hectic for most families without adding Diabetes into the mix. Preparation is key. Here are some tips that we hope will make your mornings and days less stressful, so you are not worrying about highs and lows. It might also mean you can have an extra 5 minutes in bed!

What you can do the night before;

- If you take packed lunches, make and carb count it the night before. Use post it notes or make a note on your phone so you remember the total carbs. See Healthy Packed lunch ideas factsheet
- Think about what you might want for breakfast. Weigh if you need to, carb count and make a note to save you time.
- Get all your usual school bag essentials ready (homework, PE kit, lunch money etc) so you have more time in the morning
- Ensure you have your diabetes kit ready. Don't forget your hypo treatment or a snack for PE

If you do not eat breakfast, it is still important that you scan or check your glucose levels as you may still need an adjustment dose of insulin to get your day off to the best start possible.

If you have a walk of longer than 30minutes to school, you may need to take less insulin with your breakfast to prevent a low BG

PE – if you find that PE causes you to have a hypo, contact your diabetes team for further advice to prevent this from happening so that you get the most from your activity.



If you have school meals :

- Primary school menus are all carb counted; speak to dietitians for more information.
- High School – use the guides in this section to help you guesstimate the carbs in your lunch. If you find that your glucose is above or below target when you get home from school, then use the reflection sheet to see if you need to change the amount of carbs for that food next time you eat it.
- High school - If you do not eat lunch, it is still important that you scan or check your glucose levels as you may still need an adjustment dose of insulin. If you feel like you don't have enough time to manage your diabetes around lunch then please speak to your diabetes nurse.

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