

Diabetes Hotline **(323) 361 - 2311**

Monday - Friday (8:30AM- 4:00PM): Leave a voicemail. If you call before 3PM, a nurse will call you back by the end of the day

After 4PM, Weekends and holidays: Do not leave a voicemail. Call the hotline and press "0". Ask for "diabetes doctor on call" The operator will connect you or the doctor will call you back.

If my child's blood sugar is in target range before eating, do I still give insulin for carbohydrates?

Yes. The fast-acting insulin will help keep the blood sugar level in target range when food is eaten.

My child wants to eat more carbohydrates 15-20 minutes after getting insulin for a meal, what do I do?

Count the additional carbohydrates and give insulin for carbohydrates ONLY. Then check BG 2-3 hours after that insulin dose.

Is it safe to give long acting insulin and fast acting insulin at the same time?

Yes. They work differently in the blood to manage your child's blood sugars. Try to give the injections in different locations (i.e. stomach and arm).

I accidentally gave my child too much insulin OR the wrong type of insulin, what do I do?

Call the Diabetes Hotline immediately for instructions and monitor blood sugars.

If the ketones are elevated should I go straight to the ED?

No, call the Diabetes Hotline for instructions. Most often we can treat ketones at home as long as your child is alert and able to drink fluids. If your child is making moderate to large ketones, you can administer 1.5x the normal insulin for correction.

Can my child have Tylenol, Cough Syrup, Zofran, Miralax, Antibiotics?

Yes, your child can take any medication when living with diabetes; however, some medications will raise blood glucose levels and insulin doses will need to be adjusted. When possible, get sugar free medications and/or tablet forms. Contact your Primary Care provider, nurse care manager, or Diabetes Hotline for further instructions.

Can I still give my child their long acting insulin if they are vomiting?

Yes, your child still needs long acting insulin if they are vomiting.

My child is having a low blood sugar. I gave juice and they are still low. What do I do next?

Continue to give your child 8 or 15 grams of fast acting sugar **every 15 minutes** until the BG is above 70 mg/dL. Call the hotline if blood sugar remains less than 70mg/dL after 3 treatments.

Now my child doesn't want to drink any more juice, what do I do?

Try giving a sugar source that can be absorbed in the cheek such as cake decorating gel, glucose gel, honey, or jam/jelly. If that is not possible, call the Diabetes Hotline for further instructions. Consider giving a low dose glucagon injection.

My child's blood sugar is less than 100 before bed or overnight!

To prevent a low blood sugar, give a small complex carb snack (4-8g if under 4 years old OR 8-10g if over 4 years old). You should still give Basal insulin even if bedtime BG is less than 100.