



BRIGHAM AND
WOMEN'S HOSPITAL

Managing Your Diabetes

When In the Hospital



Taking Care of Your

Diabetes In the Hospital

Controlling your blood sugar when you are in the hospital can be different than when you are at home.

In the hospital you may:

- Eat different foods
- Eat at different times
- Miss a meal because of a test or procedure
- Take different medication that can change your blood sugar
- Be less active
- Feel stress from being sick or in the hospital

It is important to control your blood sugar while you are in the hospital. This may help lower your chance of getting an infection and help you heal faster.

Checking Your Blood Sugar When in the Hospital



An aide or a nurse will check your blood sugar before meals and before you go to bed. The nurse will use a hospital glucose meter. If you are eating three meals a day, blood sugars are usually checked at:

7:30 AM
11:00 AM
5:00 PM
10:00 PM

If you have not already ordered your food, order it when your blood sugar is checked.

What Will I Eat In the Hospital?

When you are in the hospital, you will be given a **Consistent Carbohydrate Diet**. Each food choice on the menu will have a number next to it showing the amount of carbohydrates per serving. Try to eat 70g of carbohydrates at each meal. It is important to get the numbers to add up to 70.

BWH
Consistent Carbohydrate Menu

Entrées

Oven Broiled Salmon Filet 0 ← Carbohydrates for salmon alone
4 oz Salmon filet served with a lemon sauce **2** ← Carbohydrates for salmon with sauce

Grilled Chicken Breast 1
4 oz Chicken breast served with a supreme sauce **2**

Sirloin Beef Tips 0
Seasoned and broiled 5 oz cooked sirloin steak tips

Tips for Eating In the Hospital

Eat three meals a day unless you are told not to eat by your nurse or doctor. This will make it easier for us to check your blood sugars and give you insulin if you need it.

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Try to eat everything on your tray at each meal. If you are not hungry or you are sick to your stomach, please tell your nurse when your food comes.

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Eat only the food that the hospital gives you. This will make it easier for us to give you the right medication and to control your blood sugar.

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It is very important to call your nurse when your food tray comes! You may need to have your blood sugar checked, and you may need insulin before you eat.

If you have questions about your meals, please ask to talk to your nurse or the dietitian!

What Kind of Diabetes Medication Will I Be Given?

Some people take diabetes medication by mouth at home. Some common kinds include Glyburide®, Metformin®, and Actos®. These medications may be stopped completely while you are in the hospital for the following reasons:

- **You will be eating differently.**
- **These medications are hard to adjust in the hospital.**
- **You might go for tests that would make these medications unsafe during or after the test.**
- **You might be on other medications in the hospital that would not work well with these medications.**
- **You might have an illness that would not work well with these medications.**

If your diabetes pills are not used in the hospital, you may be given insulin. This is given as a shot.

This does not necessarily mean that you will need insulin when you go home.

Please Call Your Nurse

- If you need help ordering your food
- When your food tray arrives
- If you have any signs of low blood sugar

Signs of low blood sugar are:

- Sweating
- Shaking
- Sudden hunger
- Tingling around your mouth
- Headache
- Blurry vision



Patient Packets with information on diabetes are available for you when you are discharged from the hospital. If you would like a packet, please ask your nurse for one.

Call us if you have any questions or need any help!



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