

## Tips from your Diabetes Educators



**Summer can be hard for kids with diabetes who tend to have better control of blood sugars with more of a routine schedule. Here are some tips for managing your diabetes over the summer months:**

- Try to wake up at the same time each day and eat breakfast. If you skip breakfast, you should still give a correction dose of insulin if your blood sugar is above target.
- Stay active! Regular physical activity helps your body use insulin and is good for your overall health.
- Parents should check and review meters/pumps and logbooks at least once a week to make sure that dose adjustments do not need to be made.
- Remember that snacking without taking insulin will have an effect on your blood sugars. Try to limit snacks and be sure to give insulin for those snacks that you do eat.

***More tips for pump users on the back*** →

### **Traveling? Use a Packing List**

Ask us for a travel checklist to help make sure you don't forget any of your diabetes supplies when you go on vacation.

**Summer Pump Tips**

If you need to disconnect for boating or water activities, it's a good idea to bolus for the basal that you will miss.

Do not stay disconnected for more than 2 hours at a time.

Use your bolus calculator, and be sure to put your blood sugar in your pump every time you give a bolus.

Do not wear your pump on a jet ski or rafting; if the pump is lost you will have to pay to replace it.

In pools, only swim with the Animas or the Omnipod (the Omnipod PDM is NOT waterproof). Though other pumps may be okay if they get wet or are accidentally submerged, you should not intentionally wear them while swimming.

Pump vacations and/or using a combination of long-acting insulin with your pump can be done, but pumps and injections are not completely equivalent, so expect some blood sugar variability if you are doing this.

**Contacting the office**

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***When Will Someone Call Me Back?***

Our office receives a high volume of calls and tries to get back to everyone within 24 hours. If it is a Friday, call will be returned on Monday if received after 3:30pm.

If your voicemail is not set up or you have not indicated on your contact sheet that it is okay to leave messages, you may not receive a message when we call you back.

Requests for paperwork, letters, and supply prescriptions that require the provider's signature can take up to a week to complete. Please plan ahead accordingly.

If you need prescriptions filled, please call your pharmacy. If the pharmacy does not have refills, they will contact our office.