

## Tips from your Diabetes Educators

### How to get the most out of your clinic visits:

- Come to your appointments 15 minutes early to check in and fill out forms.
- Bring all of your glucose meters and a logbook for the last 2 weeks.
  - We can't safely make dose changes without your numbers.
- If your child wears a continuous glucose monitor (CGM) or a pump, bring the last week's downloaded report with you.
- Check with your insurance company ahead of time:
  - What is the preferred laboratory?
- Bring phone/fax numbers for your:
  - Preferred pharmacies
  - Child's school nurse



### Between your clinic visits:

- Review (look for patterns in) your blood sugars every 1-2 weeks.
- Adjust your doses if you see a pattern.
- If you need help adjusting doses, please contact us!
  - Fax blood sugars to our office to 314-454-6225. Include your child's name, date of birth, current doses and call-back number.
  - Call our office number at 314-454-6051.
  - If you need to speak with a nurse the same day, try to call before 3:30pm.

Check out our website at

**[pediatrics.wustl.edu/](http://pediatrics.wustl.edu/)**

**DiabetesEd**

for links to

- teaching tools
- calendar of education opportunities
- community events

# What are YOUR Goals?

Personal goal setting is key when trying to improve diabetes control.

Goals should be specific and be things that are important to you, not just to your healthcare providers. Here are some examples of goals our patients have chosen:

- Give all meal-time insulin doses before eating.
- Eat at least two servings of vegetables each day.
- Review blood sugar log every Sunday with my parent to look for patterns and make dose adjustments.
- Ride bicycle for 30 minutes at least 3 days per week.

## To succeed:

- Make goals specific and reasonable.
- Have a plan for measuring your goals.
- Share them with your healthcare team, family and friends.
- Once you meet your goal, reward yourself and set a new goal to keep improving your diabetes care.



## We are now on Facebook!

Like and follow our page for updates on events and links to interesting articles about diabetes.

Search Facebook for  
"Washington University Pediatric  
Endocrinology & Diabetes"



## The Scoop on Pen Needles

**Did you know that pen needles must be removed right after giving your injection?** Each pen needle is one-time use only. Leaving the pen needle on the pen allows air to enter the pen. This can cause you to get less insulin than you think you are giving. This can lead to higher blood sugars.

**What size pen needles do you use?** Most of our patients use 8mm pen needles. If you are using a 4mm pen needle (nano), you should not be pinching up your skin with injections.