

## Patient information

# Type 1 diabetes carbohydrate counting course

Are you fed up with the same old, regular eating pattern?

Do you want to be able to skip a meal or have a carb-free meal at times?

Do you want to feast-out and know how to manage blood sugar levels?

Do you want to know how to alter insulin doses to match food?

Would you like to be an expert on how your insulin works?

Are you considering pump therapy and/or attending a DAFNE course?

**If you answered YES to any of the above, refer yourself today!**

### About:

- It is a one-off group education course held at various locations across West Suffolk.
- Two and a half hours that could change your life.
- Run by diabetes specialist nurse and dietitian.
- You will have the opportunity to meet others with type 1 diabetes.

### Covers:

What is diabetes?  
Insulin action.

Managing sickness, driving & hypos.

What are carbs?  
Types of carbs.

How to carb count:  
weighing food labels  
apps/ other resources

Adjusting insulin doses to chosen foods.

See overleaf for referral form.

**Please note:** your health data may be used for audit purposes but will not be identifiable.

## CARBOHYDRATE COUNTING REFERRAL FORM FOR TYPE 1 DIABETES

Date of referral: .....

Patient name: .....

Date of birth: ..... Telephone: .....

Address: .....

Current insulin & doses: .....

Glucometer:  Yes  No

Ketone meter:  Yes  No

Latest HbA1c: .....

Height: ..... Weight: .....

Where diabetes care received:  GP  
 Diabetes Centre, West Suffolk Hospital  
 Other, please specify: .....

**Send to:** Diabetes Centre  
West Suffolk Hospital  
Hardwick Lane  
Bury St Edmunds  
IP33 2QZ

**Or scan and email:** [wsh-tr.westsuffolksns@nhs.net](mailto:wsh-tr.westsuffolksns@nhs.net)

Alternatively visit <https://mydiabetes.org.uk/> to find and refer onto courses near you.

Any difficulties please phone the Diabetes Centre on 01284 713241.