



## MANAGEMENT OF BLOOD GLUCOSE FOLLOWING STEROIDS DURING PREGNANCY

Hospital: ..... Ward:..... Consultant: .....	Hospital Number: ..... Surname: ..... First Name: ..... Address: ..... ..... ..... Date of Birth: .....						
Dosing Algorithm				Algorithm guide			
Algorithm	1 < 80 units/day	2 > 80 units/day	3 Uncontrolled on 2				
CBG (mmol/l)	Infusion rate (units/hr)						
< 5.0	Stop insulin 20 minutes						
5.0-5.5	0.2	0.5	1.0				
5.6-7.0	0.5	1.0	2.0				
7.1-8.5	1.0	1.5	3.0				
8.6-11.0	1.5	2.0	4.0				
11.1-14.0	2.0	2.5	5.0				
14.1-17.0	2.5	3.0	6.0				
17.1-20.0	3.0	4.0	7.0				
> 20.1	4.0	6.0	8.0				
<b>Signed</b>							
<b>Print</b>							
<b>Date</b>							

- All patients should have hourly capillary blood glucose (CBG) measured
- Start VRIII insulin with first dose of steroid and continue for 24 hours after last dose
- Algorithm 1** Most women start here
- Algorithm 2** Use on those using more than 80 units/day
- Algorithm 3** Use for those not achieving target on algorithm 2.
- If the woman is not achieving target on these contact the diabetes team or medical registrar out of hours
- Target BG = 5.0 - 8.0 mmol/l
- Check CBG hourly
- Move to a higher algorithm if CBG not dropping
- Move to a lower algorithm if CBG below 5.0 mmol/L or dropping too fast
- Remember always check blood ketones if glucose is above 11.0 mmol/L**

**Always continue mealtime (e.g. Novorapid, Fiasp, Humalog) and basal subcutaneous insulin (e.g. Humulin I, Levemir, Lantus)**

Intravenous insulin										
Drug (please tick)	Dose	Volume	Route	Sign	Name	Date	Syringe preparation			
							Prepared by	Date	Time	Time
Actrapid	50 units	49.5 ml normal saline (1 unit/ml)	IV						<b>start</b>	<b>stop</b>
Actrapid	50 units	49.5 ml normal saline (1 unit/ml)	IV							
Intravenous fluid										
Date	Intravenous fluid and rate		Rate	Alt rate	Prescriber	Nurse				
	0.9% Normal Saline, 5% Dextrose, 20 mmol KCl		50ml/hr							
	0.9% Normal Saline, 5% Dextrose, 20 mmol KCl		50ml/hr							
Prescription of intravenous dextrose for management of hypoglycaemia										
Date	Time	Prescription	Volume	Route	Duration	Prescriber	Print	Given by	Time	
		20% Dextrose	100ml	IV	15 mins					

**Intravenous insulin, CBG and ketone monitoring chart**

- Use for patients on IV insulin monitoring regime
- Use insulin prescription chart for those on subcutaneous insulin
- Check CBG for 24h after last dose of steroid or per diabetes team advice

Addressograph

**Capillary blood glucose monitoring**

Date	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00
CBG												
Insulin rate												
Ketones												
Sign												
Date	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00
CBG												
Insulin rate												
Ketones												
Sign												
Date	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00
CBG												
Insulin rate												
Ketones												
Sign												
Date	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00
CBG												
Insulin rate												
Ketones												
Sign												
Date	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00
CBG												
Insulin rate												
Ketones												
Sign												
Date	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00
CBG												
Insulin rate												
Ketones												
Sign												

**Patients with type 1 Diabetes on insulin pumps should be referred to Diabetes team**

**Maintain on IV insulin for 30 minutes after re-starting sub-cutaneous insulin regime. IV insulin has a half-life of 5 minutes**