

## Blood Glucose Monitoring Guidelines for Adult In-Patients at risk/or with diabetes

Please ensure that patients hands are washed (soap & water NOT alcohol wipes) and that consent is obtained before performing blood glucose test.

Patient group	Frequency of monitoring	Documentation of result
Admission to ward- all patients	One test on admission	Medical notes / admission notes
Hypoglycaemia (<4mmols)	Monitor every 10 - 15 minutes until resolved. See hypoglycaemia policy.	Blood glucose monitoring chart
Variable Rate Intravenous Insulin Infusion (VRIII) & Fixed Rate Intravenous Insulin Infusion ( FRIII)	Monitor Hourly If infusion in situ for more than 48 hours or likely to be please refer to the Diabetes Direct Team for individual care planning	Page 5 insulin prescription chart
Insulin therapy (type 1 & 2 diabetes)	Monitor pre meal and pre bed (4 tests a day)	Page 3 insulin prescription chart
Diabetes with/without treatment when one or more of the following conditions are present: <ul style="list-style-type: none"> <li>• IV Antibiotics</li> <li>• Sepsis</li> <li>• Surgery</li> <li>• Hyperglycaemia (&gt;12mmols)</li> <li>• Hypoglycaemia episode in the last 24 hours</li> <li>• Changes to Diabetes treatment</li> </ul>	Monitor pre meal and pre bed (4 tests a day)	Blood glucose monitoring chart
Steroids (in patients not known to have diabetes)	Once a day, either pre-lunch or pre-evening meal (if >12mmols increase monitoring to 4 tests a day as below and refer to Endocrinology SpR)	Blood glucose monitoring chart
Steroids (in known diabetes or non-diabetes with glucose above 12mmols)	Pre meals and pre bed (4 tests a day)	Blood glucose monitoring chart
Enteral Feeding	Minimum of 4 hourly. If on insulin refer to enteral feeding insulin guidelines.	Page 3 insulin prescription chart if on insulin therapy OR Blood glucose monitoring chart
Stable Diabetes (glucose levels consistently within target range)	Minimum of once daily	Blood glucose monitoring chart

