

**Guideline for the management of blood sugars
for
WOMEN WITH DIABETES IN LABOUR.**

Patient details (affix label)

Surname:
First name:
Hospital number:
NHS number:
DOB:

General Principles

Glucose control

- Monitor blood glucose 1 hourly.
- **Continue patient's usual long acting insulin (e.g. Levemir, Lantus).**
- Maintain the patient's blood glucose between 4 and 6 mmol/l, adjust insulin infusion to achieve this.
- Test for capillary ketones if blood glucose >10 mmols/l. Notify doctor if above 1.5 mmol/l.
- If capillary glucose <4mmol/l, treat as hypoglycaemia, as per standard Trust guideline.

Transfer to subcutaneous insulin

- For women with **Gestational diabetes** discontinue regime once delivered.
- For women with **pre-existing diabetes**, once delivered, continue with the regime until eating and drinking normally. Then return to pre-pregnancy doses of insulin and discontinue intravenous insulin.
- The first subcutaneous dose should be given before a meal and the IV sliding scale discontinued 30 minutes after the meal.

NB Betamethasone, if given, can increase insulin requirements substantially and the prescription for insulin should be adjusted accordingly to maintain control.

Insulin sliding scale and intravenous fluid recommendations

Insulin: See below for preparation of insulin infusion

IV fluids

- IV Fluids must be prescribed on the IV prescription sheet on the back of the main prescription chart.
- 500ml of 10% glucose with 10mmols of potassium to be infused every 8 hours via a volumetric pump. In renal impairment discuss with renal specialist.

Connections

- Connect the insulin line to the glucose administration set with a suitable Y-connector.
- This connector **must** contain anti-reflux and anti-syphon valves.
- Do not give other intravenous drugs through the insulin cannula without first checking their stability with a pharmacist.

Insulin sliding scale prescription

Prepare a solution of 50 units of Human Actrapid or Humulin S insulin with 49.5ml of 0.9% NaCl (i.e. 1 unit per ml). Infuse using a syringe driver at a rate according to the table below. Prescription valid for 24 hours.

For advice contact labour registrar bleep 311, diabetes specialist nurse available on bleep 989.

| Blood glucose (mmol / l) | Insulin infusion rate (units / hour) | Alternative prescription (If blood glucose > 8 mmols over 4 hours) |
|--------------------------|--------------------------------------|--|
| < 3.0 | 0.5 units per hour and inform doctor | |
| 3.1 – 6.0 | 1 units per hour | |
| 6.1 – 10.0 | 2 units per hour | |
| 10.1 – 15.0 | 4 units per hour | |
| >15.0 | 6 units per hour and inform doctor | |
| Doctor's signature | | Date |

File form in: Care Pathways

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