

## 10 Essential Habits for a Healthy and Happy Person with Diabetes

### MDI EzyBICC System

1. Inject before you eat at Breakfast, Lunch, Afternoon tea and Dinner with rapid acting insulin.  
Take your long acting insulin every day.
2. Check BGL at least 4 times a day and overnight at 2am at least once a week.  
Record all results in a diary.
  - Aim for BGL s between 3.5 – 8mmol/L.  
If BGLs are usually over 6, then you may need to increase your insulin.
  - Aim for your HbA1c to be normal that is below 48 mmol/mol.
3. If your BGL is over 8mmol/L at morning tea, bed time or overnight then give a correction bolus.
4. Always rotate your injection site.
5. Families should share the diabetes load and talk to each other and express their feelings in a positive way. Parents need to remain involved in diabetes care even for teenagers.
6. Have three healthy meals each day. If snacks are needed, ensure they are small. Exercise daily and limit your “screen time” to less than 2 hours a day.
7. BGLs and boluses should be checked by an adult every meal where possible. This is to prevent accidental overdoses or missed injections.
8. Treat hypos early.
  - Check your BGL and treat if less than 3.5mmol/L or you feel “hypo”.
  - If after 20 min you still feel “hypo” repeat your BGL and retreat is needed.
  - Give Glucagon if a person is unable to drink or unconscious.
9. If you are sick change your insulin, test your BGL and ketones every two hours.  
If you are vomiting:
  - Give sips of fruit juice diluted to one quarter of the usual strength.
  - Monitor BGL hourly.  
If your BGL is low or you vomit more than three times or your blood ketones are more than 4mmol/L or you are worried, go to your hospital.
10. Visit your Diabetes Team regularly. See your Doctor every 3 months and Diabetes Educator, Dietitian and Social Worker at least once a year.