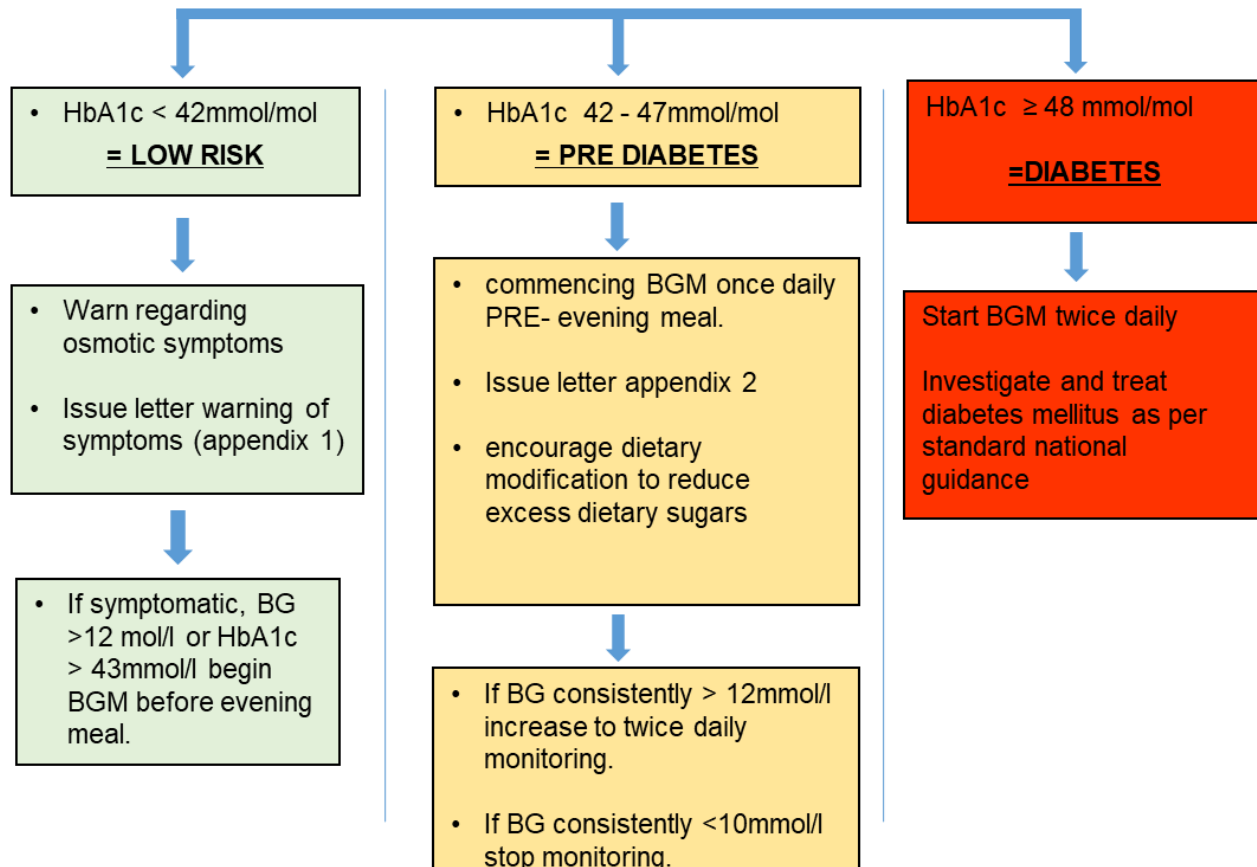


RECOMMENDATIONS FOR SCREENING AND MONITORING FOR STEROID INDUCED DIABETES



If BG > 12mmol/l on 3 continuous days initiate treatment as per treatment algorithm below

All hospitalised inpatients on high dose steroids should have minimum of 2xdaily blood glucose monitoring regardless of diabetes status. Treatment is identical to outpatient care.

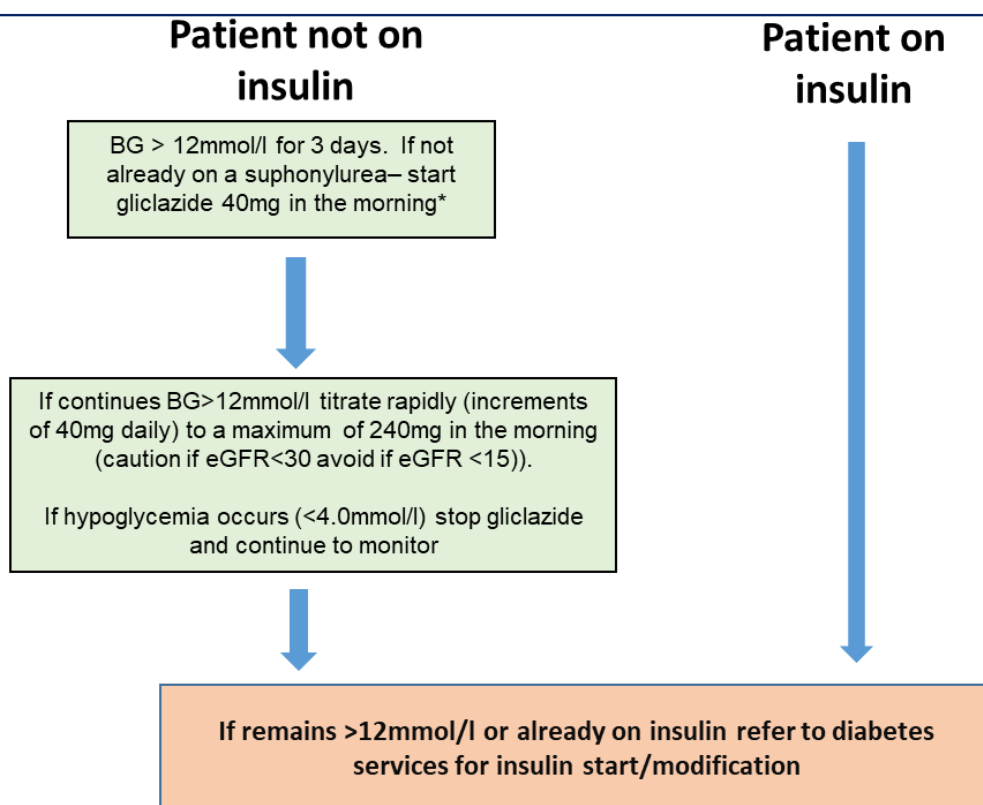
ALL patients on high dose steroid therapy should have a 3 monthly HbA1c.

IF ALREADY KNOWN PRE-EXISTING DIABETES MELLITUS

- Type 1 Diabetes: ENSURE USING CGM (eg freestyle libre) or blood glucose monitoring 4x daily AND ADVISE TO CONTACT DIABETES NURSES TO AID TITRATION.
- Type 2 Diabetes: INITIATE BGM TWICE DAILY (BEFORE BREAKFAST BEFORE EVENING MEAL) – USE TREATMENT ALGORITHM BELOW
- Diabetes Nurses: RIE – 01312421471 SJH - 01506 523856 WGH - 0131 537 1746/3157
- Diabetes registrar can be contacted through switchboard

TREATMENT ALGORITHM FOR HYPERGLYCAEMIA IN THE CONTEXT OF STEROID USE

- **SAFETY POINTS** Prior to commencing on gliclazide or insulin therapy, patients should be equipped with BGM and relevant education regarding hypoglycaemia management and driving responsibilities.
- **GLUCOSE TARGETS:** Glucose target is 6 – 10mmol/l (6 – 12mmol/l is acceptable) pre evening meal. Patients who are elderly, frail, at risk of falling, eating variably or with impaired hypoglycaemia awareness may require a higher target (6-15mmol/l).
- **WHEN STEROIDS ARE DISCONTINUED:** Reduction in insulin or SU therapy **will** be required following reduction or cessation of high dose steroids. This should be guided by HBGM readings **with particular emphasis on the avoidance of hypoglycaemia**. As a guide a 20% reduction in insulin or 40mg reduction in gliclazide weekly as steroids are weaned is reasonable.



* if hyperglycaemia is severe (>20 mmol/l) – start gliclazide immediately and titrate rapidly by 80mg daily. If patient clinically unwell or glucose >20 for 3 days refer to diabetes service for insulin start via Diabetes registrar through switchboard (WGH/RIE) or through diabetes nurses (SJH-01506 523856)

- **FOLLOW UP:** HbA1c level should be done 3 months after stopping steroids and annually thereafter.