

# Ready for flexitime

So far you have learned how to keep your blood glucose in your target range by carbohydrate counting and adjusting your bolus insulin. Now you are ready to develop these skills further. This will help you to keep good blood glucose control with any changes in your routine.

- Do you go to any after school activities?
- Are you more active, excited or stressed than normal?
- Are your meals and snacks different – time, type of food, amount of food?
- Do you need to adjust your insulin with exercise?

Everyone reacts differently to changes. You may need to change your bolus depending on the type and timing of your activities. Ask your diabetes team about this.



Use this table to write down your routine for a typical week. Think about how you juggle your activities like clubs, gym or PE with insulin, snacks and meals.

	Activities (clubs/ classes) and times	Snacks and meal times	What I will do to keep my blood glucose in target range.
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



If there are any things that you are unsure about then discuss these with your diabetes team.

## Adjusting your Bolus

You probably take your bolus as part of a standard routine of school, activities and regular meal times and food choices. However, when you are away from home or on holiday this is likely to change.

Think about the situations below and write down what you would do to adjust to the changes from your routine.

- When would you take your bolus?
  - How would you adjust your bolus?
  - Are there any other things you would think about and do?
1. You're out with a friend and their family for pizza. You have ordered a cheese and mushroom pizza and are planning to have an ice cream for pudding. This meal will be really tasty, but the portions may be bigger than you can manage and the food has a lot of carbohydrate and fat.

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2. a) You're visiting family and staying for lunch. You know this is a three course meal so is likely to have much more carbohydrate than you usually have. However, you don't know what is on the menu.

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- b) People get chatting and things get delayed.

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3. You're up very early because you are going on holiday. It's too early to have your usual breakfast but you decide to have some toast and fruit juice. You will have a chance to eat something else later.

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**Remember** everyone is different and this is only a guide to start you thinking. Keep a note of what you do each time. This will help you to keep control of your diabetes and enjoy all the fun with your friends and family.

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