

# Flexitime

Your treatment plan helps you to stay in control of your diabetes while having a flexible lifestyle. Learning how to adjust your bolus will help you keep your blood glucose within target through any changes to your routine – holidays, sleepovers, parties, eating out, any illness or stress.

**Always take your basal insulin at the same time, every day.** You may have to adjust your basal with changes in your routine. Discuss this with your diabetes team.

## Parties

There are lots of different parties – a friend's house with games and lots of food, the cinema with ice cream and popcorn, skateboarding and cycling then out for pizza or a disco with lots of dancing.

Adjust your insulin depending on how active or excited you are, and what food you have.

- If you've been more active than usual, you may need to take less insulin with the next meal.
- If you know you're going to be more active than normal, reducing your insulin before the party may help.
- If the party was in the evening, you may need a bigger bedtime snack than normal.
- Party meals and snacks may have more carbohydrate than your normal foods. Try to count the carbohydrate in what you eat and adjust your bolus as needed. Test your blood glucose frequently – if it is high, take a correction dose following your treatment plan guidance.



## Sleepovers

Staying overnight at a friend's house should be fun.

- Take your basal insulin at your usual time.
- Think about any extra snacks you have, how active you've been and what your blood glucose is. Count the carbohydrate in any snacks – even if you don't normally have a bolus with your bedtime snack, you may need to if you have more carbohydrate than normal. Discuss suitable bedtime ICRs with your diabetes team.
- Test your blood glucose the next morning and take your bolus as usual with breakfast.

## Eating out

You can have your meals at any time, but always count the carbohydrate and calculate your bolus.

- Restaurants often have their nutritional information online or can provide it when asked. Use this to accurately calculate the carbohydrate in your meal.
- Seeing your food will help you estimate how much carbohydrate is in your meal. Wait until your food is served, then use carbohydrate reference tables, books or apps to help you estimate the carbohydrate in your meal and calculate your bolus.
- Split your bolus if you don't know how many courses you'll have.
- Take one bolus when your first course arrives and wait to decide if you want more. If you want more or a pudding, wait until you have these and take a second bolus to give yourself the right amount of insulin for the whole meal.
- If you're unsure how much you are going to eat it may be better to take your bolus after the meal. Discuss this with your diabetes team.

## Exercise and activity

Children's activity varies. It can be a planned weekly sports club, or spontaneous and unpredictable play. The type of activity, its intensity and how long it lasts all affect your blood glucose. Everyone's reaction to exercise is different, so test your blood glucose before, during and after activity to spot trends and understand how it affects you. Keeping a record of these results will help you identify how to adjust food and/or insulin for different activities.

Ask your diabetes team for more information to help you enjoy exercise and sport.



## Sick day rules

Unfortunately, everyone becomes unwell at some point. When you have diabetes, you get colds, sore throats and tummy bugs just like all other people. However, you need to manage your diabetes during your illness.

Your diabetes team will provide sick day guidelines with more information on how to adjust your basal and bolus doses depending on your symptoms.

## Supporting patient care nationwide

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