

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham
NHS Foundation Trust



Diabetes after complete removal of your Pancreas

Delivering the **best** in care

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

This leaflet is designed to provide information for those patients who develop diabetes following a total pancreatectomy.

After your operation you will be reviewed by the diabetes team who will provide education and support.

Diabetes mellitus (often shortened to diabetes) is a condition whereby the body is unable to make enough or respond properly to a hormone called insulin. Insulin helps blood glucose (sugar) enter our bodies cells to be used as energy. Without insulin, blood glucose levels rise above normal.

Patients that have had a total pancreatectomy will require insulin every day to control their blood glucose levels; this is managed similar to type 1 diabetes which is a condition where your body no longer produces insulin.

You will be closely monitored and supported by the Diabetes Team at Queen Elizabeth Hospital Birmingham.

How will I give insulin?

Insulin is given via an injection into an area of body fat (subcutaneous tissue) (see diagram 1).

The areas that are recommended for injection are highlighted in diagram 2.

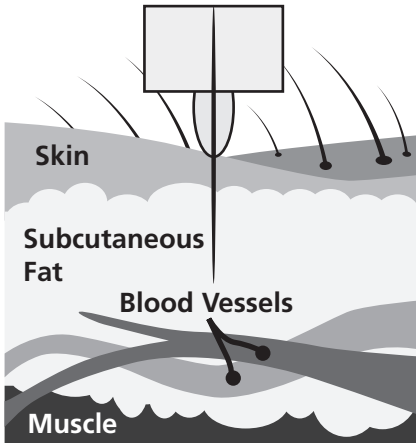


Diagram 1

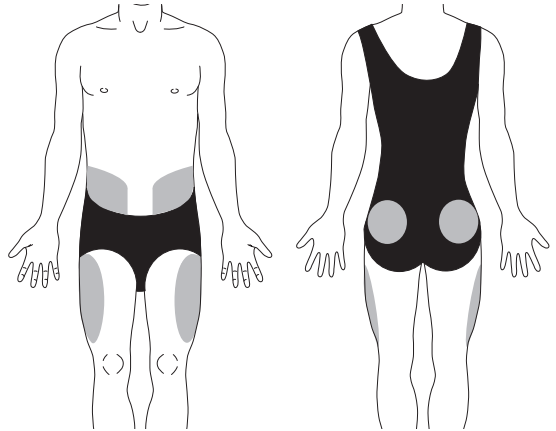
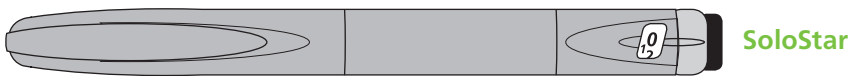


Diagram 2

These are the pen devices commonly used to inject insulin:



SoloStar



FlexPen



KwikPen

Your diabetes nurse will explain which device to use and show you how to inject.

Different insulins can be given to stimulate the normal insulin profile following food, as shown in diagram 3.

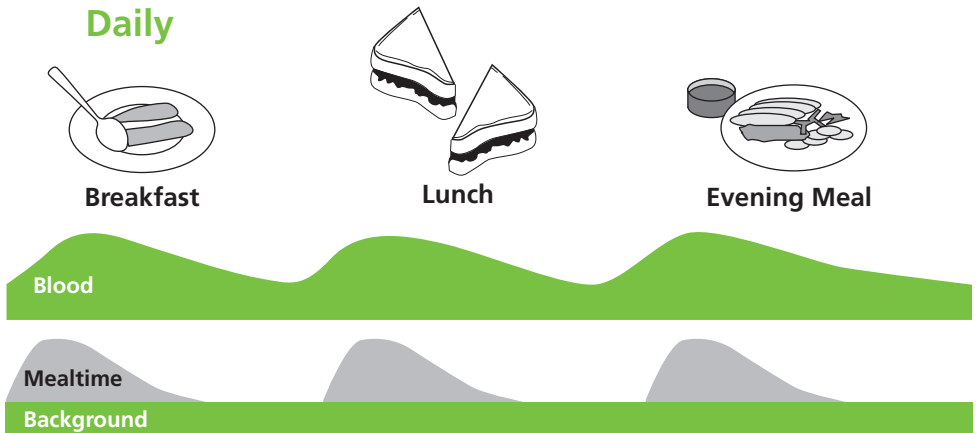


Diagram 3

There are many different insulins available and the diabetes team will discuss which is the most appropriate for you.

How will I know how much insulin to give?

You will be guided by your diabetes nurse on how much and when to give the injections.

The amount of insulin you will require depends on your blood glucose levels.

Blood glucose monitoring:

You will be provided with a blood glucose meter so you can check the level of your blood glucose.

You will be shown how to monitor your blood glucose by a diabetes nurse.



Prescriptions:

If you use insulin or medicine to manage your diabetes you are entitled to free prescriptions, however if you are under 60 and living in England, you must have a medical exemption certificate before you can claim them.

If you do not have a medical exemption certificate and you want to claim free prescriptions then you will need to get a form to apply for the certificate from your doctor's surgery.

The application form for the certificate is called **FP92A**. You will need to fill it in then your doctor will sign it and send it off.

Some common questions:

How often will I have to check my blood glucose levels?

Before each meal and before bed.

How long will I be on insulin for?

Due to your pancreas being removed you will require insulin for life.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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A series of 20 horizontal dotted lines, evenly spaced, providing a template for handwritten notes or answers.

If you have any concerns or questions about the information in this leaflet phone the diabetes nurses. (number below)

QUEEN ELIZABETH DIABETES NURSES:

Opening Times: Monday to Friday 08:00 – 16:00

Direct Line: 0121 371 4523 / 0121 371 4535

(If your call is not answered, please leave a telephone message with your name and contact number, and a member of the team will get back to you as soon as they can).



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm

Diabetes
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