

PEDIATRIC ENDOCRINE ASSOCIATES

1100 LAKE HEARN DRIVE, SUITE 350

ATLANTA, GA 30342

404-255-0015 - Voice, 404-845-3080 - Fax

DISCHARGE INSTRUCTIONS FOR NEW DIABETIC PATIENTS

PLEASE READ VERY CAREFULLY

1. Initial Insulin Doses are on the following page. These are subject to change, based on your blood sugar patterns which we will be reviewing daily until your first office visit.
2. Check Daily blood sugars:
 - Before breakfast, lunch, supper and bedtime
 - At 2 AM until first visit or instructed by physician
3. Write down all readings and dosages on blood sugar log sheets
4. Be sure to bring your blood sugar log sheets to ALL office visits
5. Follow the food plan as prescribed by the hospital dietitian. Call us with any questions.
6. Your **first office visit** should be **1-2 weeks** after discharge. Call the office during business hours as soon as possible at 404-255-0015, exit 105 or 106 to schedule the first several appointments.
7. **Beyond Basics Class:** Date: _____
 - Be sure to attend this class, which covers important information that was not covered in the hospital (such as sick-day management).
 - If you have questions about this class, or need to reschedule call (800)325-5671.

INSTRUCTIONS FOR DAILY REPORTING OF BLOOD SUGARS

1. Monday – Friday (except holidays):
 - Fax to office 404-255-1142 **BEFORE 1:00 PM** (After 1 PM, we will call you back the next business day).
 - If you cannot fax, call diabetes hotline Ext. 160.
2. Weekends and Holidays:
 - Call answering service 770-985-7790 at suppertime. **Ask them to page the doctor on call.**

IF YOU HAVE QUESTIONS REGARDING ANY MATTERS (MEDICAL, PERSONAL, INSURANCE, ETC), PLEASE FEEL FREE TO CALL OUR OFFICE FOR ADVICE OR INFORMATION. WE HOPE THAT YOUR HOSPITAL STAY WAS INFORMATIVE AND NOT TOO OVERWHELMING. IT WILL GET EASIER IN THE WEEKS AND MONTHS AHEAD. WE'RE ONLY A PHONE CALL AWAY, DAY OR NIGHT.

Robert M. Schultz, MD, Stephen W. Anderson, MD, Mark S. Rappaport, MD,
Melissa A. Carlucci, MD, Constance Y. Baldwin, MD, Gayathri Dasari, MD