

# Diabetes 101: Transition Review

Before you transition to adult care, consider revisiting different elements of diabetes management with your paediatric team. Use the [Personal Transition Readiness List](#) to find out where your knowledge gaps are and remember: **there are no stupid questions!** Your team is there to support you in managing your diabetes in the best way possible, which includes refreshers if/when you need them. You can also ask your new adult care team whenever you are unsure or need a reminder!



## HOW CAN I IMPROVE MY CARB COUNTING SKILLS?

- Ask for resources or apps to help with accurate carb counting.
- Review carb counting basics including portion sizes and the glycemic index.



## HOW CAN I HANDLE A DIABETES EMERGENCY IN DIFFERENT SITUATIONS?

- Review signs of severe hypo- and hyperglycemia.
- Ask about emergency glucagon options and how to use them.
- Develop an action plan for different emergencies.



## WHAT SHOULD I DO IF I GET SICK?

- Review insulin adjustments for illness.
- Learn when to check for ketones and when to seek medical help.
- Co-create a step-by-step sick day plan.



## HOW CAN I MANAGE MY BLOOD SUGAR DURING EXERCISE?

- Learn how different types of activity impact glucose levels.
- Discuss insulin and snack adjustments for workouts.



## HOW CAN I ADJUST MY INSULIN BETWEEN CLINIC VISITS?

- Ask how to spot patterns that may indicate insulin adjustments.
- Review how food, exercise, stress, and illness impact insulin needs.



## HOW CAN I MEAL PLAN MORE EFFECTIVELY WITH NUTRITIOUS FOODS?

- Ask how to balance meals for stable blood sugar and overall nutrition.
- Review how different foods affect energy levels and blood sugar control.
- Learn strategies for meal prepping to save time and maintain a healthy diet.



## HOW CAN I MANAGE T1D WHEN DRINKING OR USING RECREATIONAL DRUGS?

- Learn to recognize severe lows while intoxicated.
- Discuss how alcohol may impact insulin and medications (e.g., glucagon).
- Ask how alcohol and substances affect blood sugar and ways to prevent issues.



## HOW MIGHT T1D IMPACT MY SEXUAL HEALTH?

- Learn how to adjust insulin or medications before or after sexual activity.
- Ask how T1D can affect sexual health and blood sugar management.