



**Discharge Criteria:**

- Clinically stable, blood glucose in acceptable ranges, education scheduled/planned as outpatient by endocrine (see below), scheduled discharge times and outpatient visits (see below)

**Discharge Instructions:**

- **Education:** RN provides basic diabetes education using Basic Diabetes Education for patients and families, and Nursing Guidelines for Basic Diabetes Education to patients/families; Encourage family to view available educational videos on diabetes; Patient and family to perform as much care as possible, under RN supervision (glucose monitoring with home meter if applicable, insulin injections) and demonstrate understanding of concepts and techniques; RD/Educator to provide education on carb counting (outpt or inpt)
- **Suggested discharge times and outpatient visits:**
  - (1) If discharged after dinner: present to endo clinic pre-breakfast the following day OR
  - (2) If discharged on the weekend: discharge Sunday evening to present to endo clinic pre-breakfast on Monday OR
  - (3) If discharged Monday prior 11 AM: present to endo clinic pre-lunch (12:30 PM)