



To our patients who have been prescribed Insulin for blood sugar control while in the hospital

Welcome to UCSF Room Service Dining. You can order your meals when you are ready to eat. To help us manage your blood sugar, your nurse will check your blood sugar levels several times throughout the day. The nurse needs to check your blood sugar levels before you eat your breakfast, lunch and dinner. In addition, blood sugar checks will be done at 9p.m. and 2a.m. to ensure that your baseline blood sugar levels are well controlled. For best outcomes for blood sugar management with room service dining, please be sure to do these five things.

1. Eat three times a day.
2. Do not skip meals.
3. Order your meals at consistent meal times and space meals at least three to four hours apart. Each insulin dose with meals is active in your body for approximately four hours.
4. Call the diet clerk at 3-1111 to order your meals. The diet clerk will verify your name, date of birth, and the diet ordered by your doctor. The diet clerk will help you with your meal order to make sure your carbohydrate choices fit within your diet order.
5. **MOST IMPORTANT:** Wait for your nurse to check your blood sugar before eating your meal.

We hope you enjoy your meals. If you need assistance with meal planning, please call x34218 to reach a Diet Tech.

Diet Techs are available every day between 8:00am and 5:00pm

