

## Does the newly presenting patient need insulin?

Does an **adult** patient need referral for insulin at diagnosis of diabetes

Typical symptoms and a diagnostic blood sugar

**YES**

Is the patient ill (vomiting or semiconscious)?

**YES**

**Admit to hospital**

**NO**

Is there moderate/heavy ketonuria or ketonaemia?

**YES**

**Strong indication for insulin  
(Same day referral)**

**NO**

Are two or more of the following present?

- Severe symptoms (nocturia x 3-4)
- Short history (weeks)
- Marked weight loss (irrespective of absolute weight)
- A first degree relative with type 1 diabetes
- A personal history of autoimmune disease

**YES**

**Strong indication for insulin  
(Same day referral)**

**NO**

Is the patient under 30 years of age?

**YES**

First degree relative diagnosed under 30 years of age on diet or tablets: consider monogenic diabetes – Maturity Onset Diabetes of the Young (MODY)

No immediate need for insulin

Consider non-urgent referral

**NO**

No immediate need for insulin. Dietary advice based on healthy eating principles

Referral details [Newly diagnosed Type 1](#)