

## Diabetes management

- **Stay in touch with your diabetes team to help:**
  - Maintain good glucose control.
  - Reach your personal HbA1c target.
- **Take your medications** as prescribed.
- **Talk to your pharmacist about any concerns** regarding your medications.
- **Ask your GP about newer diabetes medications that may be suitable for you.**

## Glucose meter care

- Always carry your glucose meter.
- Keep it out of direct sunlight to protect the strips and device.
- Check the expiry date on your test strips.
- Take your meter to the pharmacy for calibration or battery checks.



## Where to get help

- Your healthcare team (doctor, nurse, or podiatrist).
- Online resources:
  - [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)
  - [www.diabetesnz.org.nz](http://www.diabetesnz.org.nz)
  - [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

## Contacts

### Auckland Centre

7 Horopito Street,  
Mount Eden, Auckland 1024  
☎ 0508 630 630  
✉ [auckland@nzals.co.nz](mailto:auckland@nzals.co.nz)

### Hamilton Centre

222 Pembroke Street,  
Hamilton 3204  
☎ 0508 838 838  
✉ [hamilton@nzals.co.nz](mailto:hamilton@nzals.co.nz)

### Tauranga Centre

160 Fraser Street,  
Tauranga 3112  
☎ 0508 434 434  
✉ [tauranga@nzals.co.nz](mailto:tauranga@nzals.co.nz)

### National Office

☎ (04) 385 9410  
✉ [info@nzals.co.nz](mailto:info@nzals.co.nz)

### Wellington Centre

42-46 Mein Street,  
Newtown, Wellington 6021  
☎ 0508 389 389  
✉ [wellington@nzals.co.nz](mailto:wellington@nzals.co.nz)

### Christchurch Centre

330 Burwood Road,  
Christchurch 8083  
☎ 0508 383 383  
✉ [christchurch@nzals.co.nz](mailto:christchurch@nzals.co.nz)

### Dunedin Centre

464 Cumberland Street,  
Dunedin 9016  
☎ 0508 474 474  
✉ [dunedin@nzals.co.nz](mailto:dunedin@nzals.co.nz)

## Learn more about Peke Waihangā

💻 [www.pw.co.nz](http://www.pw.co.nz)  
💻 [www.orthoticservice.co.nz](http://www.orthoticservice.co.nz)  
💻 [www.peersupport.nz](http://www.peersupport.nz)

## Find Peke Waihangā online

Follow Peke Waihangā on social media for the latest news, stories and events:

Facebook [Peke Waihangā](#)  
Instagram [@pekewaihangā](#)

LinkedIn [Peke Waihangā](#)  
YouTube [Peke Waihangā](#)

Peke Waihangā  
Artificial Limb Service

## FACT SHEET

# Diabetes Wellness on Your Prosthetic Journey



April 2025, V3.0

## Caring for your diabetes wellness during your prosthetic journey

Managing diabetes well can help:

- Reduce the risk of infections and ulcers.
- Speed up the healing of your stump and other wounds.

**Healing from surgery and adjusting to a prosthetic limb can put extra stress on your body**, potentially causing low blood glucose (hypoglycemia), which increases your risk of falling.

**Stress from surgery and hospital care time can cause high blood glucose** (hyperglacemia) which can slow down wound healing.

### Monitor your blood glucose

Check your glucose levels more often, especially before and up to two hours after exercise.

Always bring to the clinic:

- A quick snack or a hypo-treatment sachet.
- Your glucose meter.



## Caring for your remaining limb

### Daily foot checks

- **Inspect the bottom of your foot every day.** Use a mirror to check hard-to-see areas.
- **Ask for help** if needed.
- **Get medical attention early for cuts, blisters, or scrapes.**



### Podiatry (toe nail) care

- See a podiatrist at least every three months for toenail care and foot health checks.
- Ask your GP about funding options.

### Skin care

**Damaged skin can cause ulcers which are hard to heal.**

- Moisturise your skin daily to prevent dryness and ulcers.
- Be cautious in wet areas, as moisturised skin can be slippery.
- Ask your GP about subsidised creams.

## Protect your foot

- Avoid hopping on your remaining limb.
- Do not use crutches unless advised by a professional.
- Do not apply moisturiser between your toes to prevent fungal growth.

### Footwear tips

- Wear well-fitted shoes with laces or straps to prevent slipping.
- Choose socks that fit properly and do not leave marks on your skin.
- If regular socks cause marks, try diabetic socks for better comfort and dryness.
- Consult an orthotist if you need help selecting suitable footwear.

### Stump care

- Follow your District Nurse's wound care instructions.
- Once healed, wash your stump daily.
- Use a mirror to check all areas of your stump, including underneath.
- Moisturise your stump daily.
- Massage your stump as recommended by your healthcare professional.
- Do not wear your stump shrinker while sleeping.
- If your stump shrinker feels too tight, contact your local Peke Waihangā Centre for advice.



For more helpful resources, please visit our website: [www.pw.co.nz/resources](http://www.pw.co.nz/resources)