The Honeymoon Phase in Type 1 Diabetes

A few weeks after starting insulin, the insulin-making cells that are left in the pancreas recover a little and make some insulin again. Doses fall and sugars settle. **This is temporary. It is not a cure, and the diagnosis was not wrong.**

Golden rule: NEVER stop insulin on your own, even when the dose is very small.

SIGNS YOU MAY BE IN THE HONEYMOON PHASE

- Doses keep coming down, and the discharge doses now cause lows.
- More low readings, before meals, after play or at night.
- Steady readings, even after meals. Flatter CGM graphs.
- A good HbA1c (near or below 7%) on a small daily dose.

SIX RULES FOR THE HONEYMOON MONTHS

1. **Never stop insulin.** Stopping can lead to DKA within days, especially during an illness.
2. **Reduce doses with your doctor, not by guesswork.** WhatsApp your readings. 1 or 2 units a day can be normal now.
3. **Check sugars as often as before, or more.** A CGM helps catch night lows and the slow rise when this phase ends.
4. **Keep hypo treatment with you, always.** Glucose tablets or juice in the school bag, sports kit and car.
5. **Follow sick-day rules even if sugars look good.** Check ketones when unwell. Never skip the long-acting (basal) dose.
6. **Use this time to learn.** Carb counting, injection technique, site rotation and exercise planning.

WHEN IT ENDS

Sugars after meals and in the morning start to rise, and doses need to go up again. This is expected and happens to everyone. It is not your fault.

> **Call or WhatsApp the clinic if:** you are having lows on your current doses · sugars stay above target for several days · ketones are positive · you are unsure how to change a dose. **Asad, +91 78937 89514** (calls and WhatsApp).
>
> **Go straight to the nearest hospital, or call 108, if:** vomiting · tummy pain · drowsiness or confusion · fast or deep breathing · a low that does not get better, or a child who cannot swallow.

Caspian Healthcare, 10-3-761/8, Opposite Post Office, Vijay Nagar Colony, Hyderabad, Telangana 500057

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Scan for the full guide and a quick IDAA1c check: caspiant1d.in/honeymoon-phase-type-1-diabetes

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