



Chapter 4: Endocrine, Nutritional & Metabolic Diseases (E00–E89)

ICD-10-CM General Guidelines — Quick Reference for Students

CODING DECODED

1. Diabetes Mellitus — The Big Picture

Diabetes codes (E08–E13) are combination codes: type of diabetes + body system affected + complication, all in one code. Assign as many codes as needed to capture every complication the patient has, sequenced by the reason for the encounter.

Golden Rule: One category almost never covers a diabetic patient fully — pull every E08–E13 code needed to describe all documented complications.

2. Type of Diabetes

Situation	What To Do
Presymptomatic Type 1 (early-stage, before symptoms)	E10.A– Type 1 diabetes mellitus, presymptomatic
Type 2 diabetes documented as “in remission”	E11.A Type 2 diabetes without complications, in remission (query if unclear — “resolved” ≠ “remission”)
Type of diabetes NOT documented	Default to E11.– Type 2 diabetes mellitus
Type not documented, but insulin use IS documented	Still code E11.– Type 2 (insulin use alone does not imply Type 1)

Note: age is not the deciding factor for type — most Type 1 patients develop it before puberty (hence “juvenile diabetes”), but this is a pattern, not a coding rule.

3. Long-Term Drug Use — Z79 Codes

Whenever a diabetic patient routinely uses these medications, add the matching Z79 code(s) alongside the diabetes code:

If Patient Uses...	Assign	Also Assign
Oral hypoglycemics + insulin	Z79.4 Long-term use of insulin	Z79.84 Long-term use of oral hypoglycemic drugs
Insulin + injectable non-insulin antidiabetic	Z79.4 Long-term use of insulin	Z79.85 Long-term use of injectable non-insulin antidiabetic drugs
Oral hypoglycemics + injectable non-insulin antidiabetic	Z79.84	Z79.85

Watch-out: Do NOT assign Z79.4 if insulin is given only temporarily to control blood sugar during the encounter (applies to both Type 2 and secondary diabetes).

4. Diabetes in Pregnancy

- Diabetes mellitus in pregnancy and gestational (pregnancy-induced) diabetes are coded per Section I.C.15 — not from the E08–E13 series.

5. Insulin Pump Malfunction

Scenario	Sequencing
Underdose from pump failure	1) T85.6– (device malfunction, specify type) 2) T38.3X6– Underdosing of insulin 3) diabetes type + any resulting complication codes
Overdose from pump failure	1) T85.6– (device malfunction, specify type) 2) T38.3X1– Poisoning by insulin, accidental (unintentional)

6. Secondary Diabetes Mellitus

Secondary diabetes (E08, E09, E13) is always caused by another condition or event — e.g., cystic fibrosis, pancreatic cancer, pancreatectomy, a drug adverse effect, or poisoning. It is never a standalone/primary diagnosis.

Drug/med use with secondary diabetes

- Same Z79 combination rules as Section 3 apply. Z79.4 is still not used for temporary insulin given only to control blood sugar during the encounter.

Sequencing vs. the underlying cause

- Follow the Tabular List instructions under E08, E09, and E13 — sequencing relative to the causal condition is category-specific.

Cause	Coding Pattern
Postpancreatectomy diabetes (partial/total pancreas removal)	E89.1 Postprocedural hypoinsulinemia + E13.– (principal/first-listed) + Z90.410 Acquired absence of pancreas
Diabetes due to drugs (adverse effect, poisoning, or sequela)	Follow adverse-effect/poisoning rules (Section I.C.19.e) and external cause coding (Section I.C.20)

7. Obesity (Category E66)

- E66 covers both cause-related codes (e.g., E66.1 Drug-induced obesity) and effect-related codes (e.g., E66.2 Morbid/severe obesity with alveolar hypoventilation).
- Related codes live elsewhere too: E88.82 Obesity due to disruption of the MC4R pathway (Chapter 4), and O99.21 Obesity complicating pregnancy, childbirth, and the puerperium (Chapter 15).

Obesity class (E66.81–)

- Requires a 5th character for severity, and the provider must document the obesity class for the code to be assignable.
- Class codes can be reported alongside other Chapter 4/15 obesity codes to fully describe the condition.

Watch-out: If both “class 3 obesity” and “morbid obesity” are documented, code only class 3 obesity — it’s the more specific term.

8. Key Codes at a Glance

Code	Meaning	Watch-out
E10.A–	Type 1 diabetes, presymptomatic	Early-stage, before symptom onset
E11.A	Type 2 diabetes w/o complications, in remission	Requires clear provider documentation of remission
E11.–	Type 2 diabetes mellitus	Default when type is undocumented
Z79.4 / Z79.84 / Z79.85	Long-term use: insulin / oral hypoglycemics / injectable non-insulin	Never for temporary in-encounter insulin use
T85.6–	Mechanical complication of prosthetic device (pump)	Principal code for pump malfunction
T38.3X6– / T38.3X1–	Underdosing / accidental poisoning by insulin	Follows the T85.6– pump-failure code
E89.1	Postprocedural hypoinsulinemia	Used with postpancreatectomy diabetes
Z90.410	Acquired absence of pancreas	Additional code after pancreatectomy diabetes
E66.81–	Obesity class (severity)	Needs 5th character + provider documentation

Study tip: diabetes codes are rarely “one and done” — always ask “what complications and what long-term drug use does this patient have?” before closing out the chart.