

MY DIABETES EMERGENCY PLAN

Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

- List of the following information:
 - *Type of diabetes*
 - *All of your medical conditions, allergies and prior surgeries*
 - *All medications (include pharmacy contact information, active prescription information and eligible refills)*
 - *Previous diabetes medications and reason for discontinuation*
 - *Contact information for all your health care professionals and for at least two emergency contacts*
- Letter from your diabetes healthcare professionals with most recent diabetes medication regimen (especially if taking insulin), health insurance card, living will, healthcare power of attorney, etc.
- Most recent laboratory results (especially A1C, kidney and liver tests)
- If possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
 - *Include insulin and severe hypoglycemia emergency therapy (e.g., glucagon - any delivery method) – if prescribed (always check expiration date)*
- Blood glucose testing supplies including, if possible, 2 glucose meters with extra batteries
- A cooler with room for 4 re-freezable gel packs, insulin and unused injectable medications to be added when ready to go
 - *Note: Do not use dry ice and avoid freezing the medication*

- Empty plastic bottles or sharps container for syringes, needles and lancets
- Source of carbohydrate to treat hypoglycemic reactions (for example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- A 2-day supply of nonperishable food (for example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)
- At least a 3-day supply of bottled water
- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- First aid supplies such as bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

Other recommendations:

- Wear shoes and socks while awake and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition
- Make sure that all vaccinations, including tetanus, are up-to-date
- Pack extra comfortable clothing, including undergarments
- Take a mobile phone with an extra charger or extra batteries for you and family members
- Choose a designated meeting place in case you are separated from your family and/or significant others and are unable to reach them by phone

