

Basics of Diabetes Management

Watching your Child's Blood Glucose (sugar):

- Wash hands with soap and water, dry well
- Change lancet (poker) at least once a day
- Protect meter and strips from extreme temperatures
- Keep accurate date and time on meters
- Bring all meters to appointments
- Check blood sugar **before** eating
- Write down blood sugar in log book, sheet, or app

Insulin Injection

- Protect insulin from extreme temperatures
- Refrigerate unused insulin
- Don't use pen or vial longer than 30 days
- Use new pen needle/syringe with each injection
- Prime (get air out of the pen) pen needles with 2 units before every injection
- Rotate injection sites

Ketones

- Test ketones with **any** illness no matter what blood sugar level
- Test ketones when blood sugar is >300 twice in a row
- Test with any upset tummy or if throwing up
- Give your child lots of fluids to drink. If there are ketones, give your child 1 oz per year of age per hour.
- **Call Barbara Davis Center at (303) 724-2323 if ketones are moderate or high on urine ketostix, or >1.0 on ketone blood meter**

Prescriptions

- Glucose test monitor
- Glucose test strips
- Lancets
- Rapid acting insulin
- Long acting insulin
- Pen needles
- Urine ketone strips or blood ketone meter and strips
- Glucagon emergency kits

School Diabetes Care Kit

- Health care provider orders
- Glucose testing meter
- Glucose test strips (at least 50)
- Lancets
- Alcohol wipes
- Insulin pen (rapid acting insulin)
- Insulin pen needles
- Urine ketone test strips or ketone blood meter and strips
- 10-15g “fast sugar” options
- 10-15g “stabilizing” snack options
- Glucose gel
- Glucagon kit
- Contact information

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