



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
