

DIABETES EDUCATION SICK DAY BOX

**KEEP INSULIN IN
REFRIGERATOR**

**ROTATE DATED
ITEMS OUT EVERY 3
MONTHS**



- Diabetes pills
- Insulin - **KEEP IN FRIDGE!**
- Insulin syringes / needle caps
- Blood glucose test strips
- Lancets
- Thermometer
- Ketone testing strips
- Glucose tablets or gels
- Regular soda (cola + ginger ale) - **NOT DIET!**
- Instant broth
- 1 box of regular dell-O
- 1 box of sugar-free dell-O

SIGNS TO LOOK FOR WHEN YOU ARE SICK:

- Pains in your stomach
- Fruity breath
- Diarrhea
- Vomiting
- Fast or difficult breathing
- Rapid pulse

Ask your doctor what you should take for diarrhea or vomiting.

Medicine for diarrhea:

Medicine for vomiting:

WHEN TO CALL YOUR DOCTOR:

- You have moderate to high ketone levels in your urine.
- You have not eaten normally for more than 24 hours.
- You have a fever over 101 degrees for 24 hours.
- You can't keep any liquids down for more than 4 hours.
- You have vomiting and/or diarrhea for more than 6 hours.
- You lose 5 pounds or more during the illness.
- Your blood glucose reading is under 60 mg/dl or over 300 mg/dl.
- You have trouble breathing.
- You can't stay awake or think clearly.



Date: _____