

# 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
- 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 a severe hypoglycemia emergency (e.g., glucagon) kit-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 refreezable 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 containers 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, 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.**

