

# Diabetes Ready Reference

Students's Name: \_\_\_\_\_

**Care Routine:**

1. Treatment of hypoglycemia:
  - Give sugar or quick energy food immediately (for example: 1/2 cup fruit juice or **nondiet** soft drink, 6-7 LifeSavers®, or 2-3 glucose tablets).
  - Wait 15 minutes. **DO NOT LEAVE STUDENT.**
  - If symptoms continue, repeat treatment with quick-acting sugar.
  - Wait 15 minutes. **DO NOT LEAVE STUDENT.**
  - If symptoms continue, call parent or doctor.

2. Symptoms of hypoglycemia usually exhibited by this child:  
 \_\_\_\_\_  
 \_\_\_\_\_

3. Note: **DO NOT** give food or drink if the child is unconscious. Call for emergency help (i.e., 911 or paramedics) and notify the parents or physician.

4. Emergency information.

Parent or guardian:

Father \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Mother \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

If not available, call: Name \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

5. Food	Time	Comments
• Morning snack		
• Lunch		
• Afternoon snack		
• Exercise snack		

6. Insulin (If injections needed at school)	Time	Amount	Where stored	Comments

7. Blood test (If necessary to be done at school)	Time	Comments