

Diabetes **School Supply** Checklist

PHYSICIAN ORDERS/MEDICAL INFORMATION

- Individualized 504 plan
Obtain yearly at your diabetes clinic appointment before school starts.
 - Updated list of emergency contacts
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TESTING SUPPLIES

- Glucose meter (*Have spare batteries*)
 - Blood glucose test strips (*Keep bottle closed so it is not exposed to air*)
 - Lancets
 - Alcohol Wipes
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HYPOGLYCEMIA LOW BOX

Patient is responsible for stocking these at the school as needed. Remember to have a "Low Box" stored at various places in the school (Example: in the gymnasium, library and cafeteria). See further instructions on page 2.

- 15 gram-labeled carbohydrate foods for treatment of low blood sugar
 - Juice box
 - Glucose tablets
 - Regular soda
 - Candy
 - Protein/carb snacks
 - Glucagon emergency kit
(Requires prescription. Remember to check expiration date.)
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HYPERGLYCEMIA

Check expiration dates

- Insulin (refrigerate as needed)
- Syringes or insulin pen needles
- Blood/urine Ketostix
- Extra pump supplies and batteries as needed
- Water bottles as needed

Low Box for Schools

It is a good idea to provide supply kits for classrooms, libraries, gymnasiums, and anywhere your child visits frequently throughout the school day. Use a pencil box or something similar, with a customized label on the outside ("Michael's Low Box"). Teachers and other school personnel are always happy to have clear, detailed instructions printed out inside the "Low Box" so that anyone could help, including a substitute.

Kits should include everything needed to treat low blood sugar, as well as other general backup type 1 diabetes supplies.

- Detailed instructions for how to treat a low and test (attached to lid is ideal)
- Brief description of your child's symptoms ("He gets pale and talks fast when low" etc.)
- Instructions for when to call for extra help (911)
- Juice boxes (check amount of carbs to ensure personal ideal size)
- Glucose tablets
- Candy (Skittles/non-melting)
- Snacks (granola bars or crackers)
- Extra vial of test strips and batteries for meters and pumps as needed
- Emergency glucagon kits as needed

SAMPLE INFORMATION CARD FOR SCHOOL



Name: _____	
IS AN INSULIN-DEPENDENT DIABETIC (Type 1 Diabetes)	
picture of child here	This child can be at risk for LOW BLOOD SUGAR (less than 70) and must be tested immediately if she/he feels "low" or acts different than normal.
	BLOOD SUGAR 60-80: 1 sugar packet. Continue work. Test again in 15 minutes to be sure blood sugar is above 80.
	BLOOD SUGAR LESS THAN 60: 2 sugar packets. The child may be shaky and unable to concentrate. Test again in 10 minutes to be sure the blood sugar is rising.
	DO NOT let him/her continue to play or walk stairs if blood sugar is less than 60. Wait until the blood sugar is over 70 before continuing any physical activity.
	If the child is not coherent or cannot swallow, has a seizure or is unconscious, CALL 911 and then inform the nurse to get a glucagon injection.