

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 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		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 medication
	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.		Empty plastic bottles or sharps containers for syringes, needles and lancets
	Most recent laboratory results (especially A1C, kidney and liver tests)		A 2-day supply of nonperishable food (for example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)
	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)		At least a 3-day supply of bottled water
	Blood glucose testing supplies including, if possible, 2 glucose meters with extra batteries		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 vaccination, 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