

DIABETES INFO SHEET

- It is normal for blood sugar levels to go up and down throughout the day. If blood sugar goes too low (typically less than 70 mg/dL), the child may get hypoglycemia, or low blood sugar.
- The symptoms of hypoglycemia can include the following: feeling weak, shaky or lightheaded, having sweaty or clammy skin, acting crabby or confused, having a fast heartbeat, numbness or tingling.
- If you suspect low blood sugar, do the following immediately:
 1. Have the child do a blood sugar check (or administer it yourself).
 2. If the number is too low, have the child take 15 grams of carbohydrate, such as 3 glucose tablets, ½ cup of orange or apple juice, 5-6 pieces of hard candy, or the food suggested by the parent.
 3. Wait 15-20 minutes, then do another blood sugar check.
 4. If the number is still low, have the child take another 15 grams of carbohydrate.

Once the blood sugar returns to normal range, the child may need to eat a snack with carbohydrates and protein. Crackers with cheese or peanut butter, or a cup of milk are good choices.
- 5. Be sure to keep the parents informed. If the number remains low after two treatments and you have not been able to reach the parents, **or if the child is lethargic, unresponsive, or unconscious, CALL 911!** Tell the operator the child has diabetes and takes insulin. When the emergency workers arrive, give them this handout.

Adapted from the American Diabetes Association website. See www.diabetes.org.

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TO THE CARETAKER

Parent/Guardian: _____ Contact Info: _____

Doctor's Name: _____ Phone #: _____ Emergency #: _____

Child's name: _____	Home address: _____
I will be at: _____	I will be home at: _____ am/pm
My cell phone is: _____	Alternate contact is: _____ contact #: _____

Meals & Snacks	Insulin Dose	At	
			am/pm

My child's blood sugar (blood glucose) level before I left was:
 _____ at time: _____ am/pm

Please check blood sugar levels while I am out:

Check at: _____ am/pm Result: _____

Check at: _____ am/pm Result: _____

Check at: _____ am/pm Result: _____

Please note anything eaten that was not on the usual meal plan: _____

Activities: _____

Bedtime at: _____ am/pm

Other instructions: _____

BLOOD SUGAR SHOULD NOT GO BELOW: _____

Please see back for emergency instructions if blood sugar goes too low.

If my child exhibits these symptoms: feeling weak, shaky or light-headed, is sweaty or clammy, acting crabby or confused, has a fast heartbeat, numbness or tingling, or _____, check blood sugar levels and give _____ immediately.

Checked at: _____ am/pm Result: _____

Re-checked at: _____ am/pm Result: _____