

# Diabetes ID Sheet

## Insulin Pump Therapy

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

My Photo

I have diabetes and my pancreas does not make insulin. Without insulin, the food (carbohydrates) that I eat cannot be used for energy. To manage my diabetes, I require insulin that is given by my pump. Several times a day I must check my blood glucose level. It is important that you understand some facts about diabetes while I am in your care. Please review this and keep it as a reference.

### MEALS AND SNACKS

My blood glucose is affected by the food (carbohydrates) that I eat. I have no dietary restrictions, but I need an insulin bolus when I eat food that contains carbohydrates.

### ACTIVITY

My blood glucose is also affected by activity. I may need an extra snack (carbohydrates) before, during, or after a strenuous activity. In this case, I do not need to take insulin.

### LOW BLOOD GLUCOSE

Occasionally, my blood glucose may become too low. This is most likely to occur just before lunch, after strenuous activity, if my meal/snack is delayed, or if I don't eat enough food (carbohydrates).

If my blood glucose becomes too low, I may have the following signs/symptoms:

- |                                    |                                       |  |  |
|------------------------------------|---------------------------------------|--|--|
| <input type="checkbox"/> Hunger    | <input type="checkbox"/> Irritability | <input type="checkbox"/> Behavior Change       | <input type="checkbox"/> Headache          |
| <input type="checkbox"/> Shakiness | <input type="checkbox"/> Sweat        | <input type="checkbox"/> Lack of concentration | <input type="checkbox"/> Drowsiness        |
| <input type="checkbox"/> Paleness  | <input type="checkbox"/> Weakness     | <input type="checkbox"/> Confusion             | <input type="checkbox"/> Poor coordination |

If this happens **I NEED A FAST-ACTING CARBOHYDRATE**

- You can give me \_\_\_\_\_
- You will find this \_\_\_\_\_
- Recheck blood glucose in 15 minutes
- Repeat carbohydrates if symptoms persist or blood glucose is less than \_\_\_\_\_ md/dL

If my blood glucose drops to a severe low, I may become unconscious or have a seizure.

- |   |                                  |
|---|----------------------------------|
| 1. <b>DO NOT</b> attempt to give me anything by mouth             | 2. <b>Call 911</b>               |
| 3. <b>Administer glucagon</b> (if available) by trained personnel | 4. <b>Position me on my side</b> |
| 5. <b>Contact my parent/guardian</b>                              | 6. <b>Stay with me</b>           |

### EMERGENCY NUMBERS:

Mother: \_\_\_\_\_ Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Father: \_\_\_\_\_ Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Other: \_\_\_\_\_ Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_



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