Cincinnati Children's
Hospital Medical Center

My Photo

Diabetes ID Sheet – Insulin Pump Therapy
School Year 2012-2013

Student _____ Address _____

Date of Birth_____ School _____ Grade _____

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 injections of insulin. 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 injection 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:

Hunger	Irritability	Behavior Change	Headache
Shakiness	Sweat	Lack of concentration	Drowsiness
Paleness	Weakness	Confusion	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.
DO NOT attempt to give me anything by mouth
Position me on my side if possible
Administer glucagon (if available) by trained personnel
Call 911
Contact my parent(s)/guardian
Stay with me

EMERGENCY NUMBERS:

_____
Mother: Home phone Work phone Cell phone

_____
Father: Home phone Work phone Cell phone

_____
Other (relationship) Home phone Work phone Cell phone