



## SICK DAY SUPPLIES / INFORMATION SHEET

Another way to prepare for illness is to have essential information where you can find it and to stock-up on diabetes and sick day supplies. These charts will give you a head start in your planning and preparation.

Pediatrician:	Endocrinologist:
Nurse Practitioner:	Nurse Educator:
Dietitian:	Pharmacy:

### DIABETIC SUPPLIES AND MEDICATIONS

- |   |  |
|---|--|
| <input type="checkbox"/> Blood glucose meter & strips       | <input type="checkbox"/> Urine or blood ketone strips            |
| <input type="checkbox"/> Short-acting & long-acting insulin | <input type="checkbox"/> Thermometer                             |
| <input type="checkbox"/> Insulin pump supplies              | <input type="checkbox"/> Glucose tablets                         |
| <input type="checkbox"/> Glucagon / Glucagen                | <input type="checkbox"/> Lifesavers                              |
| <input type="checkbox"/> Anti-nausea meds                   | <input type="checkbox"/> Throat lozenges (Cepacol, Chloraseptic) |
| <input type="checkbox"/> Afrin nasal spray                  | <input type="checkbox"/> Acetaminophen / Ibuprofen               |

### SICK DAY FOODS

- Liquids:  Fruit juice (orange, etc.)  
 Regular & sugar free beverages  
 Electrolyte drinks: Gatorade, G2, Powerade, Pedialyte KAO Lite  
 Tea with honey or sugar  
 Jello (regular & sugar free)  
 Popsicles (regular & sugar free)  
 Broth type soup ( Bullion, chicken broth)
- Solids:  Saltine & graham crackers  
 Banana or other fruit  
 Applesauce  
 Pudding  
 Bread or toast  
 Soup