

How should I prepare?



Gather the contact information for your doctors, clinic, pharmacy and your insurance.



Write down the names and doses of your medications.



Have enough medication for one-two weeks in case you cannot get to the pharmacy to refill your prescriptions.



Ensure you have enough device supplies as well (i.e. pump supplies, pen supplies, monitor supplies, etc.)



Have extra supplies like rubbing alcohol, hand sanitizers and soap to wash your hands.



Keep simple sugars (i.e. glucose tablets) on-hand in case you need to treat low blood sugar which may occur more frequently with illness due to changes to eating patterns.



Have glucagon available in case of a significant low blood sugar (if taking insulin or medications that can cause low blood sugar).



Have ketone strips available in case of illness (if you have type 1 diabetes).

