

Simply for Family

Emergency Checklist

Diabetes Emergency Care Checklist for: _____

When to call my doctor or diabetes educator:

I have symptoms of hyperglycemia:

- My blood sugar is greater than 11 mmol/L
- Frequent urination
- Blurry vision
- Lethargy
- Increased thirst
- Stomach ache
- Confusion
- Increased hunger
- Nausea

I have symptoms of hypoglycemia:

- My blood sugar is less than 3.8 mmol/L
- Dizziness
- Blurry vision
- Crying
- Irrational behaviour
- Nervousness
- Shakiness
- Sluggishness
- Sweating
- Personality change
- Nausea
- Pale colouring
- Poor coordination

Who to call:

My doctor's name: _____

Daytime phone: _____ Evening/weekend: _____

My diabetes educator's name: _____

Daytime phone: _____ Evening/weekend: _____

Bayer Customer Support line:

1-800-268-7200 - 9 a.m. to 9 p.m. EST., 7 days a week

If I seem disoriented, I am unconscious or having difficulty swallowing, CALL 911 and request a paramedic.

What to do until medical help is available:

- Test my blood sugar
- If my blood sugar is very high (over 13.3 mmol/L) I will need a ketone test. Please keep me comfortable and give me water or sugar free drinks (no regular soda or juice) until medical help is available.
- If my blood sugar is low (less than 3.8 mmol/L) please give me a small snack. Wait 15 minutes then retest my blood sugar. If the result is still low, please give me another snack and retest. Call my doctor or diabetes educator if my symptoms persist or you have questions. Call 911 if my symptoms are severe.

