

# TOP 10 THINGS

## TO PACK IN YOUR EMERGENCY DIABETES SUPPLIES BAG

Created by Kelly Kunik, Diabetesaliciousness

With everything going on in our COVID19 pandemic world, it is best to be prepared, in case you are headed to the ER or hospital. Having a diabetes supply bag packed, on stand-by and filled with at least three weeks of diabetes supplies to take with you to the hospital, alleviates anxiety and helps you stay safe.

Here is a suggested list of items, in no particular order



### BATTERIES AND OR CHARGERS

for all your diabetes tech - including your smartphone



### INSULIN BOTTLE/PENS

hospitals don't necessarily carry ALL insulins - bring your own and bring extra... just in case



### SPEAKING OF SMARTPHONES

don't forget to bring yours



### LOW BLOOD SUGAR TREATS

Glucose tabs, juice-boxes, etc.



### ORAL MEDICATIONS



### GLUCAGON



### KETONE STRIPS

if ketones are present, you MUST alert hospital staff IMMEDIATELY



### INSULIN PUMP SUPPLIES

infusion sites/reservoirs



### GLUCOSE TESTING KIT AND SUPPLIES

including strips, meter and CGM supplies (don't forget lancets and alcohol wipes)



### PROPER PAPERWORK

Insurance card, an up-to-date list of all your medications - diabetes and otherwise. Contact list with phone numbers for your Endo, GP, family members and pharmacy. Bring hard copies and email yourself an electronic version.

**And one final tip - call your doctor before heading to the ER so they can alert the staff that you have diabetes, are on your way, and provide the ER with your ETA.**



Kelly Kunik is a blogger and advocate from the U.S. who writes about her life with diabetes on <http://diabetesaliciousness.blogspot.com>. Describing herself as a "Diabetes Humorist" Kelly uses her comedic lens to describe her experiences and is passionately spreading the word about living a great life with diabetes.

*The content for this leaflet has been provided by Kelly Kunik. Ascensia has paid Kelly an honorarium for her services as the author of this leaflet.*