

## DIABETES DAYTIME PASS INSTRUCTIONS

Sign out and sign back in with the Nursing Staff. Time due back: \_\_\_\_\_

Take your low blood sugar kit with you. This kit should contain:

- Juice and/or any other fast-acting sugar
- Crackers
- Peanut butter or cheese

Food:

- Eat 3 meals each day: breakfast, lunch, and dinner.
- Eat 3 snacks each day: mid-morning, mid-afternoon and bedtime.
- Avoid high-sugar drinks such as fruit juices, regular pop or sports/energy drinks.

Blood Sugar Checks:

- If you've been taught, be sure to carry your blood glucose meter with you at all times.
- Check blood sugar every day **before each meal** (breakfast, lunch, dinner) and **before the bedtime snack**.
- Record blood sugars in the book provided.

Low Blood Sugar (Hypoglycemia) Prevention and Treatment:

- Eat all meals and snacks
- Carry a supply of fast-acting sugar with you at all times. You will be given some glucose tablets or fruit juice and a snack to keep with you for treatment of low blood sugar.
- If the blood sugar is less than 4, **immediately** treat as you have been taught by your nurse.
- Inform the nurse about any low blood sugar you've treated when you're back on the ward.

In Case of an Emergency:

- You can reach the doctor on call by phoning 604-875-2161, or use the toll free number: 1-888-300-3088. Ask for the pediatric diabetes doctor on call for Children's Hospital.
- Contact the doctor if your child is throwing up.
- If your child has a low blood sugar (blood sugar less than 4), treat the low blood sugar right away and then call the diabetes doctor if you need for further advice.

Other: \_\_\_\_\_

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