

DIABETES SICK DAY MANAGEMENT KIT

- Sick Day Management Plan**
- Phone Numbers of Support People**
- Food to snack on (e.g. dry biscuits, soup)**
- Drinks - Sugar Free and Regular**
- Scripts and Medication for 2-4 Weeks**
- Paracetamol, Ibuprofen, Cough Medication**
- Meter - Blood Glucose Test Strips, Record Book and Pen**
- Thermometer, +/- Blood Pressure Monitor**
- +/- Blood Ketone Testing Strips and Ketone Meter**
- +/- Rapid or Ultra Rapid Acting Insulin (NovoRapid®, Humalog®, Apidra®, Fiasp®)**
- +/- Hypo Treatment Plan and Supplies**
- Electrolyte Replacement**

