

# Sleepover guide

Aside from their jammies, pillow, and favorite blanket or stuffed animal, kids with diabetes have a bit more to pack to be safe and prepared. But that doesn't mean they can't still have a fun sleepover!



## Here are recommended items a child living with diabetes may want to take when heading over to a friend's house:

- General diabetes items:**

  - Glucometer
  - Test strips and testing supplies
  - Low glucose treatment
  - Low-carb drinks or snacks
- Extra supplies for pump therapy:**

  - Extra sensor,serter, and tape
  - 1-2 extra infusion sets and sserter
  - Extra reservoir
  - Backup AA battery
- Backup supplies in case of a pump failure:**

  - Rapid-acting insulin, pens and pen needles, and doses for food and correcting high glucose
  - Long-acting insulin and dose

Check in with the sleepover hosts to ensure they're comfortable.

## My child has type 1 diabetes. Here are some things you may need to know:

**Some common signs of a low glucose (below 70 mg/dL) are:** Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

I've also identified these symptoms as indicating a low glucose for my child:

Treating a low glucose requires a snack.  
For my child, this means:

Should my child want an additional snack, please provide the following:

**Some common signs of a high glucose (above 180 mg/dL) are:** Excessive thirst, frequent urination, nausea, fatigue

I've also identified these symptoms as indicating a high glucose for my child:

Treating a high glucose requires insulin.  
For my child, this means:

If you suspect a low or high glucose and/or the sensor glucose readings are different to what my child says they are feeling, confirm using a blood glucose (BG) test.

If you have any questions, you can call  / text  me at \_\_\_\_\_ (number).

In case of emergency and you cannot reach me, please contact \_\_\_\_\_ (name & relation) at \_\_\_\_\_ (number).

**Type 1 diabetes is a serious medical condition that requires careful attention. In the rare event that my child loses consciousness or you cannot reach any emergency contacts, call 911.**