

Sitting: Three to Five Hours

Blood glucose (BG) monitoring:

Times to check BG _____

Can use reading off continuous glucose monitor (CGM)

When to read off CGM _____

When to verify CGM with a blood glucose reading _____

Target range _____

Before meal _____ Result _____ Action _____

_____ hours after eating _____ Result _____ Action _____

Before snack _____ Result _____ Action _____

Bedtime _____ Result _____ Action _____

Other _____ Result _____ Action _____

Other _____ Result _____ Action _____

If blood glucose is less than 70 or _____, give 15 grams of carbohydrates

3-4 glucose tabs 1/2 cup juice 1/2 cup regular soda 1 cup milk

15 grams carbohydrates of hard candies or gummies Other _____

Signs of severe low BG _____

When to give glucagon _____

What to do if child is unresponsive _____

When to call 911 _____ If BG is over 300 or _____, check ketones

Result _____ High BG is over _____ What to do if BG is high _____

**Notify parent if BG is less than _____, above _____ or positive ketones

Meal Times: _____

Foods	Grams of carbs	Amount eaten	Dose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Snack Time _____ Give insulin dose for snack? Yes No

Foods	Grams of carbs	Amount eaten	Dose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Bedtime Snack Time _____ Give insulin dose for snack? Yes No

Foods	Grams of carbs	Amount eaten	Dose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

What to do if child doesn't eat all food or refuses to eat _____

Alternative foods _____

Insulin instructions for rapid-acting insulin _____

Blood glucose (BG) correction dose:

BG _____ minus target _____ divided by correction factor _____ = dose

Example: BG 250 minus target 150 divided by correction factor 50 = 2 units

Insulin dose for food based on insulin to carbohydrate ratio:

Amount of carbs eaten _____ divided by carb ratio _____ = dose _____

Example: 45 grams of carbohydrates divided 20 carb ratio = 2.5 units

Add the correction and insulin dose for food together for the total dose.

Round up or down at _____

Pump instructions for bolus _____

Pump screen sequence _____

Ask parent if they have a pump bolus cheat sheet.

Give insulin dose or bolus Before meal After meal

If pump site comes out or has an occlusion _____

Call parents to verify doses before giving Yes No

Bedtime Routine:

Bath or shower: Time to take _____ Is child able to bathe/shower on own Yes No

Actions to do prior to bath/shower Disconnect pump Suspend pump

Can use bubbles CGM sensor and transmitter is waterproof, do not remove

**Make sure CGM receiver, BG meter and pump or PDM do not get wet unless they are waterproof. Check applicable User Guide.*

If on an insulin pump, how long can pump be disconnected or suspended _____

Bedtime snack

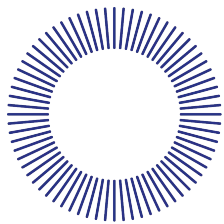
Give long-acting insulin _____ dose _____ at time _____

Brush teeth

Read story

Other bedtime routine _____

In bed by _____ pm



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