

IN CASE OF EMERGENCY

I HAVE DIABETES:

- If I act strangely or I'm unresponsive my blood sugar may be low.
- If I can swallow give me 4 to 6 ounces of non-diet soft drink-fruit juice (it's a small box or a small plastic cup) or some other sugar source (like 4 or 5 sugar bags or tea spoons).
- If I'm not improved in 10 to 15 minutes, repeat the above treatment and call Emergency or 911.
- If I CANNOT be awakened or cannot swallow, do not try to give me anything by mouth. Call Emergency or 911.

ALLERGIES:

MEDICATION:

.....

YEAR Book Nr.

From/
 to/.....

.....
 email:.....

If found, please call:

For emergencies, call:

.....

www.Diabase.co

Online logbook for your BG, Insulin, Carbs -
 and more- data, through your PC or Cell Phone
 connected to Internet.

Terms and conditions of use at the website.

From / to /		Before breakfast	2 hs post breakfast	Before lunch	2 hs post lunch	Before snack	2 hs post snack	Before dinner	2 hs post dinner	Other times
MON	Time									
	BG									
	Insulin									

TUE	Time									
	BG									
	Insulin									

WED	Time									
	BG									
	Insulin									

THU	Time									
	BG									
	Insulin									

FRI	Time									
	BG									
	Insulin									

SAT	Time									
	BG									
	Insulin									

SUN	Time									
	BG									
	Insulin									

Notes

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Cut here for ring/ coiled binding