

# Babysitter Checklist

Our address is \_\_\_\_\_

You can reach us at # \_\_\_\_\_ or # \_\_\_\_\_

Emergency contact \_\_\_\_\_, # \_\_\_\_\_

Insulin: Carbohydrate ratios

Breakfast 1: \_\_\_\_\_ Lunch 1: \_\_\_\_\_ Dinner 1: \_\_\_\_\_ Snack 1: \_\_\_\_\_

Correction factor 1: \_\_\_\_\_ Target blood sugar: \_\_\_\_\_

Meal time carbohydrates \_\_\_\_\_

Snack time carbohydrates \_\_\_\_\_

Notes \_\_\_\_\_

Allergies \_\_\_\_\_

Bedtime \_\_\_\_\_

Time   BG   Insulin dose

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Pediatric Diabetes Clinic # \_\_\_\_\_

After-Hours On-Call # \_\_\_\_\_

Our glucagon kit is located: \_\_\_\_\_

Hypoglycemia Low Blood Sugar <65 or 65-80 with symptoms			Hyperglycemia High Blood Sugar >300		
<b>Mild</b> ▪ dizziness ▪ shakiness ▪ hunger ▪ sweating ▪ weakness ▪ pallor ▪ confusion	<b>S Y M P T O M S</b>	<b>Severe</b> ▪ unconscious ▪ seizure ▪ inability to swallow	<b>Mild</b> ▪ increased thirst ▪ frequent urination ▪ blurred vision	<b>S Y M P T O M S</b>	<b>Severe</b> ▪ nausea ▪ vomiting ▪ labored breathing ▪ confusion ▪ unconscious
<b>BG &lt;65 or 65-80 with symptoms</b> ▪ Provide 15grams carb (4 oz juice). Wait 15 minutes. ▪ Recheck blood glucose. Repeat treatment if glucose <80. ▪ If >1 hour until meal, give snack of carbohydrate and protein.	<b>A C T I O N  P L A N</b>	<b>Severe</b> ▪ <b>Call 911.</b> ▪ DO NOT give anything by mouth. ▪ Administer glucagon ____ mg. ▪ Roll child on his/her side after glucagon.	<b>Check Urine Ketones</b>		
			<b>Negative, Trace or Small</b> ▪ Give extra water. ▪ Recheck ketones at next reading.	<b>A C T I O N  P L A N</b>	<b>Moderate or Large</b> ▪ Call parent. ▪ Encourage water. ▪ Call doctor on call if parent can't be reached and child is nauseous, vomiting or lethargic.

Other notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Beaumont