Insulin Supply Checklist

As per program policy, only one insulin sample (cartridge)/type of insulin to be provided by RN or RD.

☐ Insulin: _______________________________ to be given by injection as instructed

Starting/current dose:_____________________ units at___________________ (time)

☐ Insulin: _______________________________ to be given by injection as instructed

Starting/current dose:_____________________ units at___________________ (time)

Remember to keep all medications out of reach OF CHILDREN.

Other Supplies (may be required when on insulin):

☐ Glucose tablets
☐ Pen needles
☐ Blood glucose meter (test strips, lancets and lancing device)
☐ Ketone test strips (urine or blood)
☐ Identification – a necklace/bracelet, i.e. MedicAlert® is advised

Glucose (Blood Sugar) Testing

Test your blood sugar ___________ a day at ________________________________

Contact Information

Diabetes educator:________________________________

Phone number:________________________ Email:_____________________________

Next follow-up:________________________________

Diabetes Centre Calgary is open Monday-Friday, 8am-4pm. If you cannot reach your educator you can call 403-955-8118 and ask to speak to any educator. If you have a question outside of business hours you can call Health Link at 8-1-1. If you have an emergency, call 9-1-1 or go to urgent care/emergency.