



Diabetes Centre Calgary

Tel: (403) 955-8118

Date: _____

Site: _____

Patient Label or Name: _____

PHN: _____

Place label on medication sample, if applicable.

Prescriber: _____

Sample provided by: _____

Medication Supply Checklist

Medication/Insulin (strength ____ u/mL): _____

Quantity Provided: _____

Dose: To be taken as instructed. Starting/current dose: _____

Time(s): To be taken at _____

Medication/Insulin (strength ____ u/mL): _____

Quantity Provided: _____

Dose: To be taken as instructed. Starting/current dose: _____

Time(s): To be taken at _____

REMEMBER TO KEEP ALL MEDICATIONS OUT OF REACH OF CHILDREN.

- If you take insulin, carry treatment for low blood sugars such as glucose tablets.
- If you have type 1 diabetes be sure you have ketone testing supplies.
- Keep unused insulin and GLP-1 medications in fridge until expiry date on box.
- Insulin can be kept at room temperature for up to one month with the following exceptions: Levemir and Toujeo 42 days; Tresiba 56 days.
- Insulin is to be injected per instructions <http://guidelines.diabetes.ca/docs/patient-resources/getting-started-with-insulin-injections.pdf>

Glucose (Blood Sugar) Testing

Test your blood sugar _____ a day at _____

Contact Information

Educator: _____ Phone Number _____

Email: _____ Follow-up Date: _____

Diabetes Centre Calgary is open Monday-Friday, 8am-4pm. For appointments call 403-955-8146. If you have non urgent questions and cannot reach your educator call 403-955-8118. Outside of business hours call Health Link at 8-1-1. If you have an emergency, call 9-1-1 or go to urgent care/emergency.