



Quick Start Checklist for New Diabetics

- Print this checklist.
- Get a tackle box, plastic bin, cardboard box or some type of storage solution for your diabetes supplies, and put these things into it:
 - Glucose meter and test strips. If your health plan doesn't cover these, or if you don't have a health plan, you can buy a Reli-on Prime meter and Reli-on Prime test strips at Wal-mart. These are by far the cheapest meter/strips you'll find in the U.S.
 - A finger poker ('lancing device'), which usually comes with your blood sugar meter. If you didn't get one with your meter, you'll have to buy one. Wal-Mart has a Reli-on lancing device for six dollars.
 - Lancets (little needles that go into the finger poker).
 - A container for sharps disposal - you can buy one, or you can just use a thick plastic container (like a laundry detergent bottle) that has a screw-on top. Use a marker to label it with the words SHARPS/HAZARDOUS WASTE.
 - Alcohol Swabs.
 - A blood sugar/medication log for recording your blood sugars. If you don't have a logbook, you can print the log found here: <http://www.bootcampforbetics.org/downloads.html>
 - A pen.
 - Any oral diabetes meds that were prescribed by your doctor.
 - Ketostix, for diabetics who take insulin or have blood sugars >300.
 - Insulin, for diabetics who take insulin - active bottle(s) can go in your supply box at room temp and extra bottles go in the fridge.
 - Insulin needles (pen needles or syringes) for diabetics who take insulin.
 - Glucose tablets or small hard candies - for diabetics who take insulin **and** for diabetics not on insulin who are at risk for a low blood sugar episode. Certain types of medications can put you at risk. If you are unsure whether you are at risk of a low blood sugar episode, ask your doctor or pharmacist.
- To the extent possible, write down a schedule of mealtimes, blood sugar test times and medication times based on your doctor's instructions and **follow this schedule daily**. Once you learn more about your diabetes, you'll probably make significant changes to your initial diabetes management plan, especially after you successfully complete BootCamp for Betics. But for now, to be safe, do what your doctor says.
- To the extent possible, follow any meal plans or nutrition guidelines that were provided by your doctor.
- To the extent possible, plan to engage in physical activity as encouraged by your doctor
- If possible, get a referral to an Endocrinologist (a diabetes specialist) and **make the appointment now**. Sometimes these doctors have insanely long waiting lists.
- Once you overcome the shock of your diagnosis (this may take a few weeks or months!), consider becoming a certified diabetic. See <http://bootcampforbetics.org> for more information.