



# Type 2 Diabetes Supplies List

## Testing Supplies

- Glucose meter (*glucometer*)
- Blood glucose test strips
- Lancets
- Sharps container
- Urine ketone strips
- Home blood pressure monitor (*if you have high blood pressure*)

## Medications

- Medications (*if prescribed*)
- Insulin (*if prescribed*)

## Supplies for Hypoglycemia (low blood sugar)

- Glucose tablets or another form of 15g carbohydrate (*if prescribed insulin or a sulfonylurea*)
- Extra snacks

## Other

- Journal/blood sugar log book (*if not recorded and downloaded from your blood glucose meter*)
- Medication list
- Second set of supplies
- Diabetes supplies travel case
- Medical identification (*ID bracelet, wallet certificate*)
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SUPPLIES	WHAT IS IT?	WHERE CAN I GET IT
<b>GLUCOSE METER</b>	Also known as a glucometer, this small battery operated device is used to test your blood sugars (which you are going to need to know). Be sure to ask a healthcare provider to show you how to use it and how often to test.	You may be able to get one directly from a diabetes clinic, doctor, or nurse. However, you can also pick one up (usually at no cost) from your local pharmacy. There are a variety of meters available, so it is best to ask for a recommendation from a healthcare provider.
<b>TEST STRIPS</b>	These are used with your glucose meter when you test your blood sugars. Make sure you get the strips that are compatible with your glucose meter!	You can purchase test strips over-the-counter from your pharmacy, but they are expensive. Your healthcare provider can write you a prescription for test strips so they can be potentially covered by your insurance.
<b>LANCETS</b>	These are the needles used to prick yourself for the small blood sample you test with your glucose meter.	You can purchase these over-the-counter from your pharmacy. Your healthcare provider can write you a prescription for lancets so they can be potentially covered by your insurance.
<b>SHARPS CONTAINER</b>	A sharps container is a sturdy, non-see-through plastic container to store your used needles and lancets. For safety reasons, it is important to throw away/store these sharp objects here.	You may receive one from a diabetes clinic, doctor, or nurse, but you can also pick one up (for free) at any pharmacy. Be sure to return your old sharps container to the pharmacy when it is $\frac{3}{4}$ full.
<b>URINE KETONE STRIPS</b>	These test strips are used to test ketones in your urine. Discuss with your doctor how often you should be using these to test urine ketones.	You can purchase urine ketone test strips over-the-counter from your local pharmacy.
<b>BLOOD PRESSURE MONITOR</b>	If you have high blood pressure, your doctor may recommend buying a machine to monitor your blood pressure at home.	These can be purchased at your local pharmacy.
<b>MEDICATIONS</b>	Your healthcare provider may prescribe medications to help control your blood sugar. It is important to stay on top of your medications and to take all medications as directed.	Find a pharmacy that is convenient for you, and a pharmacist you trust, because you are about to become a regular customer. Some pharmacies have Certified Diabetes Educators who have extra training in diabetes care.
<b>INSULIN</b>	Your healthcare provider may prescribe insulin to help control your blood sugars.	Insulin is also purchased from a pharmacy along with your other diabetes medications.
<b>GLUCOSE TABLETS</b>	These are used to treat hypoglycemia (low blood sugar). Talk to your healthcare provider about signs and symptoms of hypoglycemia and how to properly treat it.	You can purchase glucose tablets over-the-counter from a pharmacy. They come in many different flavours, and bottle sizes.
<b>JOURNAL OR BLOOD SUGAR LOG BOOK</b>	Especially when you are learning how to monitor your blood sugars, a journal can help to keep a log of your blood sugars, as well as what you are eating and what physical activity you do.	You can use a generic journal, or pick up a diabetes log book from your pharmacy or diabetes clinic, or refer to the electronic log in your blood glucose meter.
<b>MEDICATION LIST</b>	It is important to keep a list of all your medications with you, for doctor or pharmacy purposes, as well as for emergency situations.	You can create your own list, or ask your pharmacist to print out a list of all of your medications.
<b>DIABETES SUPPLIES TRAVEL CASE</b>	You are going to want a single place to keep all of your diabetes supplies to take with you when you head out the door and one that protects against extreme changes in temperature.	You may consider buying a pouch specifically designed for diabetes supplies, or could find a travel case/pouch that works best for you.