

Lenny's Sports Checklist

Before you Play

- ✓ Adjust insulin pump basal rate as recommended by your doctor
- ✓ Check your blood sugar; eat a snack if needed to keep from going low
- ✓ Talk to your coaches and teammates; make sure they know about diabetes and how to treat hypoglycemia



What to Bring

- ✓ Water to stay hydrated
- ✓ Glucagon™ emergency kit
- ✓ Emergency contact number
- ✓ Blood glucose meter, supplies & batteries
- ✓ Medical information (diabetes bracelet or ID card)
- ✓ Juice, glucose tablets or other form of sugar to treat hypoglycemia
- ✓ Extra snacks to eat or drink during the game when needed (like juice or fruit)

Other Tips

- ✓ Check your blood sugar during and after playing
- ✓ If your blood sugars are high, make sure you don't have ketones; playing with ketones can result in you becoming very sick (ketoacidosis)
- ✓ Stay hydrated while playing sports
- ✓ Have Fun!