



Diabetescare

**Identification card for
insulin pump users**

24-hour mylife™ insulin pump hotline:

0344 856 7820 (Calls to this number are free of charge from mobile phones and landlines, plus your phone company's access charge.)

For more information visit

www.mylife-diabetescare.co.uk

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Escrick
North Yorkshire
YO19 6ED

I have DIABETES, in an EMERGENCY:

If I **behave unusually** and give the impression of being **disorientated or confused**, this may be a sign of low blood sugar. Please give me **sugar** (15g), e.g. in the form of a 200 ml sweetened beverage (non diet) or at least 4 glucose tablets or sugar cubes. If my condition does

not improve within 10 minutes, please call 999. If I am **unconscious** do not give me anything and call **999**. (Derived from source: Swiss Diabetes Society)

What is diabetes?

The body converts carbohydrates from food into sugar (glucose), which is absorbed by the cells via the blood stream. The cells take up glucose with the help of the hormone insulin and convert it into energy. This metabolic process is impaired in diabetes. Insulin-dependent diabetics require insulin to maintain a normal blood glucose level. If they do not receive insulin on a regular basis they risk developing a dangerous level of hyperglycaemia (high blood glucose), which may lead to diabetic coma. A too high dose of insulin can result

in dangerous level of hypoglycaemia (low blood glucose).

As people with diabetes have been taught to self care, they need to carry insulin, delivery devices such as insulin pens and insulin pumps, and a blood glucose monitor. Diabetics who administer insulin using an insulin pump wear the pump either directly on the abdomen, buttocks or upper arm or the insulin pump is connected with a needle via a cannula, which is usually placed directly on the abdomen.

Medical certificate

Miss/Mrs Mr

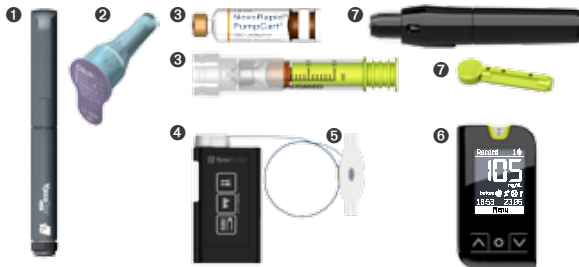
First name: _____

Last name: _____

Date of birth: _____

is an insulin-dependent diabetic. In order to ensure correct therapy, the following items must be carried when travelling:

- Insulin syringes
- Insulin pen ①
- Pen needles ②
- Insulin cartridges¹ ③
- Insulin pump ④
- Infusion sets ⑤
- Blood glucose meter ⑥
- Blood glucose test strips
- Urine glucose test strips
- Lancing device with lancets ⑦
- Glucagon syringe
- Ketone test strips
- Dextrose-containing sweets
- Medicines



Examples shown above are from Ypsomed.
I may be carrying similar products from other manufacturers.

1 NovoRapid® and PumpCart® are registered trademarks belonging to Novo Nordisk.

Doctor: _____

Hospital: _____

Address: _____

Phone: _____

Date: _____

Stamp and signature of the doctor/hospital: _____