For news and resources on type 1 diabetes: www.type1better.com

What should my emergency kit contain? (injections)

Capillary blood sugar meter + test strips, lancing device, alcohol swabs, etc.

> Contact information of your healthcare team



Ketone body measurement device + test strips



Enough quick-acting sugar to treat two hypoglycemic episodes (e.g., Dex4[®], Gluco5g, juice box, etc)



Injectable or nasal glucagon



Fact sheet taken from the SUPPORT training platform Developed by the BETTER project ©Montreal Clinical Research Institute/McGill University