

Your 24-hour Schedule with Juvenile Diabetes

For the next 24 hours, you have type-one diabetes. Follow the schedule below and make sure that every time it indicates "Blood Glucose Check" or "Insulin Administered" you give yourself a good snap with the rubber band! You will learn a lot about what it is to have juvenile diabetes, but there is one important difference: at the end of the 24 hours, you can take off the bracelet and go on with your life. We hope that you will continue to wear it for the many people with juvenile diabetes, young and old, who cannot "take their diabetes off".

Time	Action
6:30 a.m.	Blood Glucose Check (Reading: 269) Calculate and administer insulin to bring BG back into range. Eat Breakfast (Calculate carbohydrate grams) Insulin administered (Amount determined by # of carbs and anticipated activity)
11:30 a.m.	Go to Health Room at school to check blood sugar and administer lunch bolus Blood Glucose Check (Reading: 60) Have 4 Starburst (4 carbs each) to bring blood Glucose up.
11:40 a.m.	Blood Glucose Check (Reading: 106) Eat Lunch (Calculate carbohydrates) Insulin administered (Amount determined by # of carbs and anticipated activity)
3:05 p.m.	Blood Glucose Check (Reading: 167)
3:30 p.m.	Have snack (Calculate carbohydrates) Administer insulin
4:45 p.m.	Blood Glucose Check (Reading: 257) Administer correction insulin - based on anticipated activity - soccer practice
5:00 - 6:30 p.m.	Soccer practice
6:10 p.m.	Feeling low Blood Glucose Check (Reading: 60) Have 4 Starburst to bring blood glucose up. Wait a few minutes. Resume practice.
6:55 p.m.	Blood Glucose Check (Reading: 135) Eat Dinner (Calculate carbohydrates) Bolus (insulin administered) for dinner.
9:00 p.m.	Blood Glucose Check (Reading: 56) Have juice to bring Blood Glucose up. Have snack whether hungry or not. Check Blood Glucose again in 15 minutes.
9:15 p.m.	Blood Glucose Check (Reading: 70) Coming up, but not high enough yet. Check again in 15 minutes.
9:30 p.m.	Blood Glucose Check (Reading: 85)
12:03 a.m.	Blood Glucose Check (Reading: 306)

Insulin administered to reduce high Blood Glucose.

3:00 a.m.

Blood Glucose Check (Reading: 260)

Insulin administered to reduce high Blood Glucose.

If you have trouble getting back to sleep after that 3 am test, call my mom and me—we'll be up!