

## Life with Type 1 Diabetes...

Destin's every day is different, but this sums it up well...

### 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
7:20 a.m.	Blood Glucose Check (Reading: 269) <i>(needle poke of finger for blood)</i> Eat Breakfast (Calculate carbohydrate grams) Insulin administered (Amount determined by # of carbs and anticipated activity)
9:30 a.m.	Blood Glucose Check (Reading: 60) <i>(needle poke of finger for blood)</i> Have juice to bring blood Glucose up.
12:00 p.m.	Blood Glucose Check (Reading: 106) <i>(needle poke of finger for blood)</i> Eat Lunch (Calculate carbohydrates) Insulin administered (Amount determined by # of carbs and anticipated activity)
3:05 p.m.	Blood Glucose Check (Reading: 167) <i>(needle poke of finger for blood)</i>
6:10 p.m.	Blood Glucose Check (Reading: 55) <i>(needle poke of finger for blood)</i> Insulin administered (Amount determined by # of carbs consumed) Make sure you allow enough to bring your number up though! (Calculate carbohydrates)
7:45 p.m.	Blood Glucose Check. <i>(needle poke of finger for blood)</i> Insulin administered (Amount determined by # of carbs consumed) Eat Dinner (Calculate carbohydrates)
9:00 p.m.	Blood Glucose Check (Reading: 56) <i>(needle poke of finger for blood)</i> 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) <i>(needle poke of finger for blood)</i> Coming up, but not high enough yet. Check again in 15 minutes.
9:30 p.m.	Blood Glucose Check (Reading: 85) <i>(needle poke of finger for blood)</i> More juice or food whether you want it or not. Still not high enough.
12:03 a.m.	Blood Glucose Check (Reading: 306) <i>(needle poke of finger for blood)</i> Insulin administered to reduce high Blood Glucose.
3:00 a.m.	Blood Glucose Check (Reading: 260) <i>(needle poke of finger for blood)</i> 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!**