

# MY DIABETES JOURNEY

Being newly diagnosed with diabetes can be scary — we are here to help. This interactive guide provides step-by-step information you need to know before going home. Please ask us any questions that you have along the way.

You can also track your diabetes journey online at [childrensMN.org/diabetesjourney](http://childrensMN.org/diabetesjourney).

<p><b>1</b></p> <p>I can tell you about diabetes.</p>	<p><b>2</b></p> <p>I can show how to check blood sugar using my home meter.</p>	<p><b>3</b></p> <p>I can tell the difference between long and short acting insulin.</p>	<p><b>4</b></p> <p>I can tell you about insulin and how to give it.</p>
<p><b>5</b></p> <p>I can show how to use my child's sliding scale for high blood sugar.</p>	<p><b>6</b></p> <p>I can count carbs and calculate how much insulin my child needs.</p>	<p><b>7</b></p> <p>I can tell you signs of mild hypoglycemia and when to call the clinic.</p>	<p><b>8</b></p> <p>I can tell you signs of severe hypoglycemia and when to call 911.</p>
<p><b>9</b></p> <p>I can tell you what supplies we will need at home.</p>	<p><b>10</b></p> <p>I can tell you about my treatment plan and follow up.</p>	<p><b>11</b></p> <p>I'm at home and ready for more education before my first follow-up appointment.</p>	

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For the online Diabetes Journey: scan QR code with your smartphone, or visit [childrensMN.org/diabetesjourney](http://childrensMN.org/diabetesjourney).