



Shopping List

Living Well with Your Health Conditions

Please visit your community pharmacy to obtain the supplies needed to manage your diabetes.

These include: (health care provider to ✓ supplies needed)

- Blood Glucose Meter**
 - Blood Glucose Test Strips**
 - Lancets**
- } for blood glucose testing
- Use each lancet **no more than** four (4) tests!

- Diabetes Medication**
 - Pills**
 - 1) _____
 - 2) _____
 - Insulin**
 - 1) _____
 - 2) _____

- | | |
|--|---|
| <input type="checkbox"/> Insulin Syringes | <input type="checkbox"/> Insulin Pen Needles |
| <input type="checkbox"/> 3/10 cc (30 unit) | <input type="checkbox"/> 4 mm or 5 mm (length) |
| <input type="checkbox"/> 1/2 cc (50 unit) | <input type="checkbox"/> 6 mm or 8 mm (length) |
| <input type="checkbox"/> 1 cc (100 unit) | <input type="checkbox"/> 12.7 mm (length) |

Use each insulin syringe or pen needle **no more than** once!

- Sharps Collector** (for disposal of lancets, insulin syringes or pen needles)
Return Sharps Collector to your community pharmacy for disposal!
- Glucose Tablets** (for treatment of hypoglycemia)
- Diabetes Identification Bracelet**
- Logbook** (for keeping a written record of your blood glucose test results & your diabetes medication changes)
- Other:**
 - 1) _____
 - 2) _____