

Can you count to ten?

Can you name these supplies and equipment?

One 1  one calculator

A calculator helps decide the amount of insulin you need.

Two 1  2  two glucose monitors

The glucose monitor measures your blood sugar.

Three 1  2  3  three scales

Use a scale to weigh the carbohydrates you eat.

Four 1  2  3  4  four measuring cups

Use a measuring cup for carbohydrates you can't weigh.

Five 1  2  3  4  5  five bottles of insulin

Your body needs insulin to let blood sugar into your cells.

Six 1  2  3  4  5  6  six glucose tablets

Glucose tablets give quick energy when your blood sugar is low.

Seven 1  2  3  4  5  6  7  seven non-alcoholic wipes

Use the wipes before you check your blood to make sure your finger is clean.

Eight 1  2  3  4  5  6  7  8  eight test strips

You put a drop of blood in the test strips so the glucose monitor can work.

Nine 1  2  3  4  5  6  7  8  9  nine lancets

Use a lancet to prick your finger for your blood check.

Ten 1  2  3  4  5  6  7  8  9  10  ten ketone sticks.

You need ketone sticks when your blood sugar is very high or you are sick.