



Diabetes Care Guide

You can take action every day to keep your blood sugar at a healthy level¹:

- Take your diabetes medicine.
- Follow your meal plan. Eating every 4 to 5 hours can help control your blood sugar.
- Do some exercise every day.
- Know what to do if you have low blood sugar or high blood sugar.

Take this with you to your next doctor visit. With your doctor, fill in the blanks.

Patient Name:

Date:

Doctor's Name:

Phone Number:

Medicines I Take

Name of Medicine	How Much to Take	When to Take It

Blood Glucose

Check your blood glucose level _____ times a day _____ meals.

If your blood glucose is below _____ drink fruit juice or take glucose tablets. Check every 15 minutes and drink or take glucose tablets until your blood glucose is above 70 mg/dL.

If your blood glucose is above _____ or below _____, call your doctor.

Meal Plan

Eat ____ calories a day. Eat ____ grams of carbohydrates (kar-boe-HI-drates) a day.

Exercise

Exercise every day for ____ minutes. Exercise _____ a week for ____ minutes a session. My target heart rate: _____

Foot Care

Check your feet and between your toes every day for cuts, blisters, red spots, and swelling. Call your doctor if you have sores that don't heal.²

Test and Exams to Keep You Healthy

Your next A1C (A-one-C) test: _____

Your next eye exam: _____





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Be Prepared for Emergencies

Know what to do if you have hypoglycemia (hi-poe-gly-SEE-mee-uh), or low blood sugar. This might happen if you¹:

- Eat less or later than normal
- Are more active than normal
- Take too much diabetes medicine
- Drink beer, wine, or liquor

Warning Signs of Hypoglycemia

Some signs of hypoglycemia are being nervous, shaky, or sweating.¹

What to Do:

If you can, test your blood glucose level right away. If your blood glucose level is less than 60 to 70 mg/dL, take

- 2-3 glucose tablets
- 1/2 cup fruit juice
- 3-5 pieces of hard candy
- Other: _____ (ask your doctor)

Test your blood glucose again in 15 minutes. Keep treating and testing every 15 minutes until your blood glucose is above 70 mg/dL. If you can't check your blood glucose level, treat for hypoglycemia as explained above.¹

Know what to do if you have hyperglycemia (hi-per-gly-SEE-mee-uh), or high blood sugar. This might happen if you¹:

- Eat too much
- Are less active than normal
- Don't take enough diabetes medicine
- Are sick or under stress

Warning Signs of Hyperglycemia

You may not have signs of high blood sugar. This is why it is important to test your blood glucose every day. Some signs of hyperglycemia are having to pass urine more often or being very thirsty.¹

What to Do:

Check your blood sugar. If it is above 240, check your urine for ketones (KEY-tones). If your urine contains ketones, call your doctor right away.³

References

1. CDC. Take Charge of Your Diabetes. <http://www.cdc.gov/diabetes/pubs/pdf/tctcd.pdf>
2. National Diabetes Education Program. 4 Steps to Control Your Diabetes For Life. http://www.ndep.nih.gov/diabetes/pubs/4_Steps.pdf
3. American Diabetes Association. Hyperglycemia. <http://www.diabetes.org/type-1-diabetes/hyperglycemia.jsp>

