

# Diabetes Self-Management Guide

Patient Name: \_\_\_\_\_ Patient DOB: \_\_\_\_\_  
 Doctor/HCP Name: \_\_\_\_\_ Doctor/HCP Phone: \_\_\_\_\_  
 Doctor/HCP Emergency or After Hours Phone: \_\_\_\_\_

## When Should I Check My Blood Sugar?

Check blood sugar level:



Breakfast

Before these meals

After these meals (check all that apply):

Lunch

Dinner




Before Bedtime:  Other: \_\_\_\_\_

\* Always check your blood sugar if you have symptoms of a low or high, or you feel sick

## What Do I Do Now?

- Contact your provider for blood sugar below \_\_\_\_\_ mg/dl, or above \_\_\_\_\_ mg/dl.
- Go to an urgent care clinic for blood sugar below \_\_\_\_\_ mg/dl, or above \_\_\_\_\_ mg/dl.
- Go to the Emergency Room for blood sugar below \_\_\_\_\_ mg/dl, or above \_\_\_\_\_ mg/dl.
- Other: \_\_\_\_\_

## What if I'm Sick??

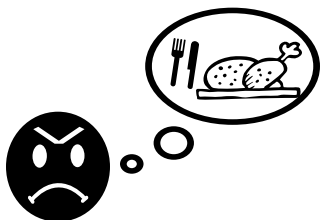
- Hold diabetes medication if sick and can't eat: (Name of medicine) \_\_\_\_\_
- Check blood sugar more frequently, as follows: \_\_\_\_\_
- Check for ketones if: \_\_\_\_\_
- Contact health care provider if:
  - Cannot eat regular foods for \_\_\_\_\_ (hours/days), or cannot keep liquids down for \_\_\_\_\_ hours.
  - Have vomiting or diarrhea for \_\_\_\_\_ (hours).
  - Have blood sugar stay over \_\_\_\_\_ mg/dl, or below \_\_\_\_\_ mg/dl, for two or more tests.
  - Other sick day plan: \_\_\_\_\_

## You might have low blood sugar if you feel...

Shaky



Hungry



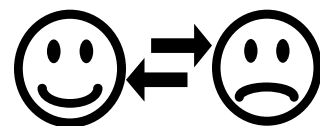
Dizzy



Confusion



Mood Changes



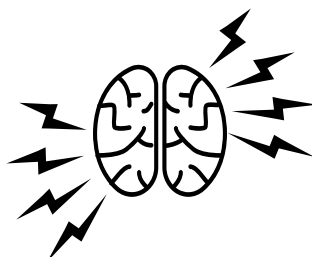
Sweaty



Weak/Tired



Headache



Trouble Speaking

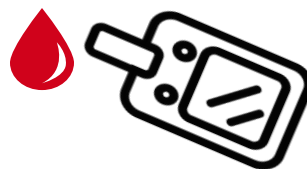


Clumsy



# Actions to take if you think you have low blood sugar

## STEP 1: CHECK ✓



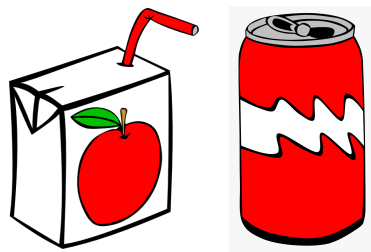
Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar may be low but you cannot check it at that time, treat yourself anyway.

Hypoglycemia is any value below 70 mg/dL.

## STEP 2: TREAT ✓



Treat by eating or drinking one emergency food- 15-20 gm of something high in a simple sugar, such as:



4 ozs (1/2 cup) regular fruit juice or regular soda (not diet)



1 tablespoon of jelly or honey



4-5 pieces of hard candy (chewed quickly)



1 tube of glucose gel or 4 glucose tablets

- IF your blood sugar is less than 54 mg/dL, treat with two emergency foods.
- **IF the person is unresponsive, uncooperative, or having a seizure, do not give them any emergency foods or put anything in their mouth! Lay them on their left side and call 9-1-1. Give glucagon if available.**

## STEP 3: WAIT & RE-CHECK ✓

Wait 15 minutes and then check your blood sugar again.

- If it is still below 70 mg/dL, eat or drink another emergency food
- Once your blood sugar is back to normal, eat a meal or snack (like 4-6 peanut butter crackers) to make sure it does not fall again.