



Diabetes Quick Sheet

High Blood Sugar– Hyperglycemia

High blood sugar may occur within hours or it may develop over several days. You may have one or all of the following symptoms:

- High blood sugar levels (greater than 200mg/dL)
- Extreme thirst
- Fatigue/sleepiness
- Urinating a lot
- Grouchiness
- Pain in stomach with or without nausea and vomiting

Causes of High Blood Sugar

- Too much food or eating the wrong foods
- Not enough diabetes pills or insulin
- Illness or infection
- Not enough exercise (do not exercise if your sugar is greater than 240mg/dL)
- Stress

What to do to prevent hyperglycemia

- Always take your diabetes medicine unless your doctor tells you not to
- Test your blood sugar every four to six hours
- Test your urine for ketones. Call your doctor if moderate to large amounts of ketones are present
- If your blood sugar is greater than 240, drink 8 ounces of sugar-free liquid every one to two hours
- Review your sick-day plan- Call your doctor if you are vomiting and unable to eat or drink liquids. Remember to call your doctor if your blood sugar stays above the goals you have been given for 24 hours.

Low Blood Sugar– Hypoglycemia

Low blood sugar (usually less than 70mg/dL) usually occurs quickly and may require that someone help you get treatment. Symptoms may include:

- Sweating
- Shaking
- Fast and/or pounding heartbeat
- Hunger
- Irritability/confusion
- Fainting

Causes of Low Blood Sugar

- Too much insulin or too many diabetes pills
- Not enough food or missing a meal
- Too much exercise or physical activity

What to do to Prevent Hypoglycemia

Try to test your blood sugar. If you are too shaky, eat or drink a fast-acting carbohydrate such as:

- 4 ounces of juice (orange, apple, cranberry or grape)
- 6 ounces (1/2 can) of regular soft drink
- 8 ounces of skim milk
- 3 glucose tablets
- 8 Sweet Tarts[®] candies
- 2 tablespoons of raisins

Test blood sugar every 15 to 30 minutes until it is great than 100. Eat a second fast-acting carbohydrate if needed. If your next regular meal is more than 2 hours away, eat a snack such as half a sandwich or 3 peanut butter or cheese crackers. If you are unconscious, someone should call 911 immediately. You should not be given anything by mouth if you are unconscious. Be sure to tell you doctor about this episode in case your medication needs to be adjusted.

Diabetes Checklist- Know Your Numbers

Diabetes affects many aspects of your health. Long term, uncontrolled high blood sugar can lead to health problems for people with type 1 and type 2 diabetes. These problems include:

- Damage to nerves (neuropathy) which can cause numbness or discomfort in your hands or feet or may affect organs like your stomach
- Damage to blood vessels in the eyes (retinopathy), which may lead to blindness
- Damage to blood vessels in the kidneys, which may lead to kidney failure
- Blockages in blood vessels, which can cause heart disease or stroke
- Blockages in the blood vessels in the legs ,which can lead to slow healing wounds on the legs and feet and even to amputation.

In addition to controlling your blood sugar, regular follow up with your doctor will is important in maintaining overall wellness. Regular monitoring of the items below will help keep you on track.

- A1C:** at least 2-4 times per year
Goal A1C: 6-8% for most people
My A1C: _____
- Blood pressure:** check with every doctor's visit
Goal Blood Pressure: 130/80- 140/90 mm Hg
My Blood Pressure: _____
- Cholesterol:** check at least once every year
Goal HDL (good) cholesterol: Men greater than 40mg/dL, Women greater than 50mg/dL.
Goal LDL (bad) cholesterol: goal based on risk for heart disease -discuss with your doctor
Goal triglycerides: less than 150 mg/dL.
My HDL: _____
My LDL: _____
My triglycerides: _____
- Dilated and complete eye exam:** every year.
Call your eye care specialist with any changes in

vision.

Date of your next complete eye exam: _____

- Complete foot exam:** every year. Let your doctor know if you have problems such as loss of feeling or tingling, changes in shape, or sores on your feet. Take your socks and shoes off during every office visit.

At home, check your feet every day.

Date of next complete foot exam: _____

At home check your feet every day. Inspect for cuts, blisters, cracks, swelling, and dry skin. Wear shoes and socks that fit well. Do not go barefoot or wear sandals.

- Kidneys:** every year. Have your urine and blood tested to monitor kidney function.

Date of next kidney exam: _____

- Dental Exam** at least every year. Let your dentist know if you have bad breathe or bad taste; red, sore, swollen, tender or bleeding gums; receding gums; loose teeth or teeth that have moved; pain while chewing or sensitive teeth; longer appearing teeth, or change in bite; change in fit of partial dentures; or history of mouth or gum abscess.

Brush teeth twice daily with a soft bristle toothbrush and fluoride toothpaste. Floss daily.

Date of next dental exam: _____

- Quit Smoking (including e-cigarettes):** Decide on a quit date and reward yourself for small victories. For free help, call 1-800-QUIT-NOW or visit www.smokefree.gov

My quit date: _____

It is recommended that you wear a medical ID bracelet and/or carry an ID card indicating that you have diabetes.

For questions related to diabetes or diabetes education,
contact the TriHealth Diabetes Navigator, Julie Burns, RN, CDE.
Bethesda North: 513-865-1126 Good Samaritan: 513-862-2879

Sick Day Plan

Illness or injury can make managing your diabetes more difficult. When you are sick your body is in a state of stress and produces stress hormones. These hormones help your body fight the illness or injury, but they also cause your blood sugar to increase. Your blood sugar can increase when you are sick even if you are unable to eat or drink. Untreated high blood sugar can lead to diabetic ketoacidosis (DKA) or hyperosmolar hyperglycemic syndrome (HHS). DKA and HHS are health emergencies and require treatment in the hospital. These problems can be avoided by having a sick day plan which you should develop with your doctor.

What can make controlling my blood sugar harder?

Just about any type of illness can make controlling your blood sugar more difficult including:

- Colds
- Stomach bugs that cause vomiting and diarrhea
- Ear, sinuses, throat, teeth, or bladder infections
- Pneumonia
- Infected sores including those on the feet

Sick Day Tips

- Always take your long-acting insulin.
- Generally, you will need more insulin when you are sick. Your doctor will decide how much insulin you will need to take while sick or if you should continue your diabetes pills.
- If you are taking a type of diabetic pill called an insulin secretagogue such as glyburide, glipizide, glimepiride, repaglinide or nateglinide and are unable to keep food down-call your doctor to decide if you should take it.
- Check your blood sugar every 2 to 4 hours.
- Urine should be checked for ketones if your blood sugar is above 240 or you have been vomiting or having diarrhea.
- Drink at least 8 ounces of caffeine-free fluid every hour. Caffeine increases urination and can lead to further dehydration when you are already vomiting or have diarrhea.

- Eat 50 grams of carbohydrates (3 carbohydrate servings) every three to four hours. Even if your blood sugar is high, it is important to continue to take in carbohydrates.
- If you are vomiting, eat foods that are easy on the stomach such as toast, crackers, broth and soups. Include fluids that have calories such as fruit juice, regular caffeine free-soda, gelatin and popsicles.
- Discuss with your doctor any other instructions that are specific to your condition.

When should I call the doctor?

- You have been sick for 24 hours or more.
- Your temperature is greater than 101.5 degrees.
- You have been throwing up or had diarrhea for more than six hours.
- There are moderate to large amounts of ketones in your urine .
- Your blood sugar is greater than 240 or less than 70 for 2 checks in a row.
- You have symptoms of infection such as pain with urination or wounds with drainage.
- You are dehydrated .
- You have chest pain or abdominal pain.
- You have difficulty breathing .
- You have any question or are unsure what you should do.



Diabetes Action Plan

GREEN ZONE: All Clear

If you have any of the following:

- Most fasting blood sugars are less than 130
- Average blood sugars two hours after meals are less than 180
- No low blood sugars less than 70
- HbA1C less than 7%

Then:

- Your blood sugars are under control
- Continue taking your diabetes medications and doing home blood sugar testing
- Follow healthy eating habits and activity goals
- See your doctor/diabetes educator every three to six months unless directed otherwise

YELLOW ZONE: Caution

If you have any of the following:

- Most fasting blood sugars are between 130 and 180
- Average blood sugars two hours after meals are between 180 and 240
- Low blood sugars less than 70 no more than one to two times per week
- HbA1C above 7%

Then:

- You may need a medication change
- Improve your eating habits
- Increase your activity level
- If your blood sugars are not better in one week, call your doctor, diabetes educator, or home health nurse

RED ZONE: Medical Alert

If you have any of the following:

- Most fasting blood sugars are above 180
- Average blood sugars two hours after meals are greater than 240
- Frequent low blood sugars or use of glucagon kit
- Moderate to large ketones (type 1 only)
- HbA1C above 8%

Then:

- You need to be seen by your health care provider. Call your doctor right away.

Note: You may need to be seen by your doctor monthly for follow-up to get your blood sugars under control

Contact information for home care, family doctor, or endocrinologist

Name: _____ Phone: _____

Name: _____ Phone: _____