

This action plan is a guide to help you manage the signs and symptoms of diabetes. Complete this form with your Erie provider, nurse and/or health educator. The three zones, green, yellow, and red, help you decide what to do.

GREEN ZONE: Stable. Your diabetes is well-controlled.

<p>YOU HAVE NORMAL BLOOD GLUCOSE LEVELS</p> <ul style="list-style-type: none"> • blood glucose between 80 – 130, or _____ before a meal • blood glucose less than 180 or _____ after a meal 	<p>SYMPTOMS</p> <ul style="list-style-type: none"> • No illness – cold, flu, infection • Stress is controlled • Feeling good 	<p>ACTIONS</p> <ul style="list-style-type: none"> • Monitor blood glucose. • Take medications. • Follow a balanced diet. • Exercise regularly.
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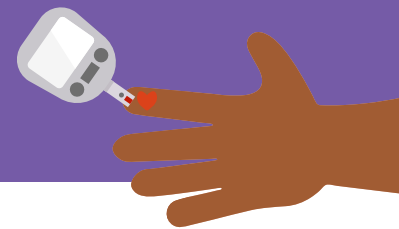
YELLOW ZONE: Caution. Talk to your provider about your symptoms.

<p>YOU HAVE</p> <ul style="list-style-type: none"> • Random high blood glucose, over 200, or _____ • Elevated blood glucose at same time of day for 3 days in a 5-day period • Frequent low blood glucose – less than 70 or _____ 	<p>SYMPTOMS</p> <ul style="list-style-type: none"> • Symptoms of acute illness • Stress not controlled • Feeling tired, depressed • Lacking energy 	<p>ACTIONS</p> <ul style="list-style-type: none"> • Check blood glucose more often • Treat high or low blood glucose levels with treatment options from reverse side. • Call Erie if you have lots of highs and lows, or if symptoms do not go away.
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RED ZONE: Danger. Call Erie immediately at 312-666-3494!

<p>YOU HAVE</p> <ul style="list-style-type: none"> • Blood glucose at 300 or higher for two tests in a row, or _____ 	<p>SYMPTOMS</p> <ul style="list-style-type: none"> • Nausea • Confusion • Vomiting • Fruity breath • Diarrhea • Difficulty breathing • Dehydration 	<p>ACTIONS</p> <ul style="list-style-type: none"> • Call Erie. • Look at the sick plan (What to do if I am sick?) on the back of this page.
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Schedule a FREE appointment with an Erie Health Educator by calling 312-432-2763 to help you understand more about glucose levels and how to control them.



High and Low Blood Glucose

Keeping your blood glucose in the normal range is one of the goals of diabetes management. When you have high or low blood glucose, it is important to check it more frequently, think about what may have caused it, and treat it.

If you would like help understanding causes of high/low blood sugar, symptoms, and its management, schedule an appointment with an Erie Health Educator by calling 312-432-2763.

HIGH BLOOD GLUCOSE (BG) HYPERGLYCEMIA	LOW BLOOD GLUCOSE (BH) HYPOGLYCEMIA
<p>DEFINITIONS</p> <ul style="list-style-type: none"> • Any reading above your target range • Any reading over 200 	<ul style="list-style-type: none"> • Any reading at 70 or below • Symptoms you feel can tell you that your blood glucose is dropping fast and going low.
<p>CAUSES</p> <ul style="list-style-type: none"> • Too much food • Not enough medicine or missed dose • Not enough or decreased exercise • Stress, illness or surgery • Steroids • Sleep apnea or insomnia 	<ul style="list-style-type: none"> • Not enough food or missed meals • Too much medicine • Too much or increased exercise • Drinking alcohol without eating
<p>SYMPTOMS</p> <ul style="list-style-type: none"> • Increased thirst • Increased urination • Increased tiredness • Increased hunger • Blurred vision 	<ul style="list-style-type: none"> • Sweating or cold, clammy skin • Dizziness, shakiness • Hard, fast heartbeat • Headache • Confusion or irritability
<p>TREATMENT</p> <ul style="list-style-type: none"> • Always check blood glucose right away • Drink water or sugar-free liquids. • If you take insulin, you may need to take an extra dose if your provider has instructed you to do so. • If blood sugar is less than 250 and you are well, mild exercise such as walking can lower blood glucose. • Check blood glucose every 4 hours until normal. • Call Erie if blood glucose is not going down after 2 checks or if you get worse. 	<ul style="list-style-type: none"> • Always check blood glucose right away. • Eat or drink 15 grams of fast-acting sugar: 1/2 cup of juice, 3 – 4 glucose tablets, 6 oz regular soda, 7 – 8 jellybeans. • Check blood glucose after 15 minutes to see if fast-acting sugar worked. • If blood glucose is still low, repeat 15 grams of fast-acting sugar. • Once blood glucose comes up, eat a small snack if your next meal is more than 1/2 hour away. • Call Erie if blood glucose does not respond to treatment with fast-acting sugar.

What to do if I am sick?

When you are ill (with common cold or viral infection), your diabetes control may be affected.

- Keep taking your diabetes medication as directed.
- Eat regularly. Soup, toast and sips of juice are good choices if your stomach is upset.
- Check your blood glucose every 3 – 4 hours.
- Drink plenty of liquids.
- Call Erie if your pre-meal blood glucose level is over 240 mg/dl, and stays that high for over 24 hours, or if you have been vomiting or experiencing diarrhea for over 6 hours.