

How do I monitor my blood sugar?

- Sugar Testing Schedule: _____
- Blood sugar goals:
 - Blood sugar before a meal: less than 120
 - Blood sugar 2 hours after a meal: less than 180
 - Blood sugar at bedtime: less than 140
- Symptoms of **hypoglycemia** (low blood sugar):
 - Sweaty
 - Confused
 - Nervous
 - Anxious
 - Fast heartbeat
 - Irritated
 - Weak
 - Headache
 - Hungry
 - Numb around nose/mouth
- Symptoms of hyperglycemia (high blood sugar):
 - Tired
 - Weak
 - Blurred vision
 - Going to the bathroom more often
 - Dry mouth
 - Thirsty
 - Nausea
 - Vomiting

What is the “Eating Right Plan”?

- Do not add salt to your food.
 - Choose products with less than 300 mg of sodium per serving.
- Count your carbohydrates.
 - Keep carbohydrate content to 45 grams per meal with only 2 servings from a starch source (examples: bread, pasta, potatoes, rice).
- Choose low fat and low cholesterol foods:
 - Choose products with 3 grams or less of saturated fat per serving.
 - Cholesterol intake should be less than 300 mg per day.

What should I do if I experience hypoglycemia (low blood sugar)?

- If your blood sugar is less than 70 mg or if you are having symptoms of low blood sugar (see symptom list on page 1):
 - Eat or drink a snack of 15 grams of carbohydrates (2-3 glucose tablets, half a cup of juice, 1 cup non-fat milk, etc.)
 - Wait 15 minutes. If your blood sugar is still low repeat the snack and wait 15 more minutes. If your blood sugar has not improved, call your health care provider.
 - Ask your health care provider if you need a medication adjustment if you are experiencing low blood sugar twice or more per week.

What should I do if I experience hyperglycemia (high blood sugar)?

- Take your medications as directed and test your blood sugar.
- If your blood sugar continues to stay above your goal level, contact your health care provider and ask for adjustments to your diabetes medications.

What should I do when I am sick?

- Always take your diabetes medication.
- If you are vomiting and cannot keep your medication down, call your health care provider.
- Check your blood sugar every 2-4 hours while you are sick.
- If you take insulin, you may need more insulin during an illness.
- If you can eat regular meals, do so. Be sure to drink half cup to 1 cup sugar free fluids every 1-2 hours, especially if blood sugars are high.
- If you are unable to eat regular meals, choose fluids that contain carbohydrates (examples: juices, milk, broth). Use the guideline of about 15 grams of carbs every 1-2 hours.
- Get plenty of rest. Exercising when you are sick and when your blood sugars are high can make blood sugars go even higher.
- Avoid over-the-counter medications that contain sugar or alcohol (examples: Nyquil, Dayquil, Robitussin) unless instructed by your doctor to take these medications.
- **Call your health care provider if any of the following occur:**
 - Your illness lasts more than 24-48 hours
 - You have severe vomiting or diarrhea lasting more than 6 hours
 - Your blood sugars are **less than 80** or **above 250**

How do I contact my Care Navigator?

If you would like to discuss your Diabetes Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020
- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670
- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.

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Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

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