

My Action Plan for Diabetes

<p>Every Day</p>	<p>Things I Will Do Every day:</p> <ul style="list-style-type: none"> • Take my medicine the way my doctor told me to, even if I feel good. • Eat regular meals. Control portion size. • Exercise as my doctor has directed. 	
<p>Green Zone</p>	<p>I Feel Normal for Me</p> <ul style="list-style-type: none"> • I can do my normal activities. • I am eating like I normally eat. • Before meal blood sugar levels are 70 to 120. • Two hours after the start of my meal blood sugar levels are less than 160. 	<p>Action – I Will: Keep doing things I do every day. Check my blood sugar _____</p>
<p>Yellow Zone</p>	<p>Caution – I Feel Worse</p> <p>Low blood sugar:</p> <ul style="list-style-type: none"> • Sweaty, shakiness, hunger, confusion, headache or light headed. • Sudden decrease in blood sugars before or after meals for more than 3 days. <p>High blood sugar:</p> <ul style="list-style-type: none"> • Feeling thirsty. • Trouble breathing. 	<p>Action – I Will: If blood sugar is less than 70, I will:</p> <ol style="list-style-type: none"> 1. Have 1 carb choice (15 grams of carbohydrate) Some examples are: <ul style="list-style-type: none"> • 4 oz fruit juice or regular pop. • 8 oz milk • 3-4 glucose tabs 2. Wait 15 minutes and recheck blood sugar. 3. Repeat step 1 if blood sugar is still less than 70. 4. If my blood sugar is over 70, eat a small meal. 5. Check my blood sugar. <p>If blood sugar is high:</p> <ol style="list-style-type: none"> 1. For constant high blood sugar, call your doctor. <p>Report a sudden change in blood sugar to: Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____</p>
<p>Red Zone</p>	<p>Danger – I Feel Much Worse</p> <ul style="list-style-type: none"> • Suddenly more confused. • Suddenly slurred speech. • Unresponsive. <p>Action – I Will: Call 911</p>	