

PATIENT ACTION PLAN FOR DIABETES MELLITUS

SIGNS & SYMPTOMS



Use this guide to help you report changes in your symptoms to your doctor or nurse. When you report symptoms early, you are less likely to have to go to the hospital for treatment.

When your blood sugar is 70 mg/dl or below:

Take: 3-4 glucose tablets (15 grams carbohydrates), OR 1/2 cup of regular juice, OR 1/2 cup of regular soda pop, OR 3-5 pieces of hard candy

Wait: 15 minutes and recheck your blood sugar.

IF your blood sugar is still low and symptoms do not go away, repeat with above treatment.

Wait: 15 minutes and recheck your blood sugar.

IF your blood sugar is still low and symptoms do not go away, **call 911**.

Also call 911 when:

- You are unconscious or have seizures
- Your blood sugar is greater than 450 mg/dl and you are experiencing:
Difficulty breathing Nausea/vomiting Fruity breath

Call your doctor when:

You have a **pattern** of blood sugars that are **greater than 300 mg/dl** and you are experiencing signs and symptoms of HIGH blood sugar:

- More thirsty or hungry than usual
- Urinating a lot
- Experiencing blurred vision
- Feeling weak/sleepy
- Experiencing dry, itchy skin

You have a **pattern** of blood sugars that are **less than 70 mg/dl** and you are experiencing signs and symptoms of LOW blood sugar (see above treatment):

- Shakiness/dizziness
- Feeling weak/tired
- Headaches
- Irritability
- Hard, fast heartbeat
- Sweating
- Hunger
- Confusion
- Vision changes

You are doing well when:

You are recording:

- Fasting blood sugars between 70-130 mg/dl
- Random blood sugars less than 180 mg/dl
- HgA1c blood work is within your acceptable range

You are:

- Remembering to take all of your medications, as prescribed
- Following a diet and exercise plan
- Remembering to check your blood sugar, as directed
- Keeping all of your physician appointments

BLOOD SUGAR TARGET RANGE: _____ to _____

DOCTOR NAME: _____

PHONE NUMBER: _____