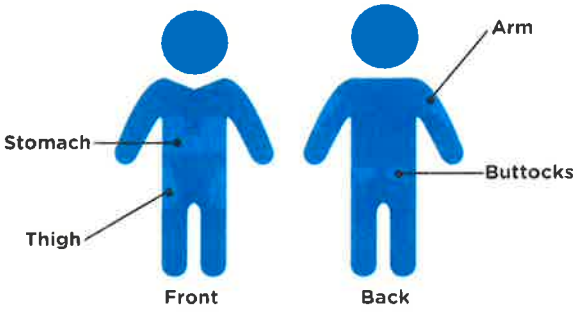
Diabetes Management Tips

Blood sugar testing

1. Wash and dry hands thoroughly
2. Set lancet by cocking into position
3. Put test strip into meter.
4. Prick side of finger and apply pressure to draw blood
5. Wait for finger prompt on meter and then take blood
6. Touch edge of strip to blood drop
7. Note blood sugar reading and time

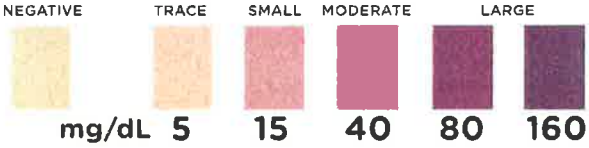
If the meter shows an error code, that means there has been an error and blood should be taken again using another test strip

Injection sites



Rotate injection sites each time you administer an insulin shot

Ketone checklist



Very large

Very large amounts indicate you may be at risk of developing diabetic ketoacidosis (DKA). DKA is dangerous and serious.

Contact your healthcare provider immediately or go to the nearest emergency department.

Large or moderate

Large or moderate amounts are a danger sign. Never exercise when your urine checks show large or moderate amounts of ketones and your blood sugar is high. These readings could indicate a problem that may require medical attention.

Contact your healthcare provider for instructions.

Small or trace

Small or trace amounts may mean that ketone buildup is starting.

You should test again in a few hours.

Children's℠ Healthcare of Atlanta

Hypoglycemia | Low blood sugar

Symptoms of hypoglycemia include:

- Shakiness
- Fast heartbeat
- Sweating
- Dizziness
- Anxiety
- Hunger
- Blurry vision
- Weakness or fatigue
- Headache
- Irritability

Hypoglycemia often comes on suddenly and may lead to fainting if not treated.

Causes: Too little food; skipped meal; too much insulin; more activity than usual; vomiting

Take action:

- Check your blood sugar. If you can't check, treat anyway.
- Treat by eating three to four glucose (sugar) tablets or by drinking 4 ounces of fruit juice or half a can of regular soda.
- Check your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Hyperglycemia | High blood sugar

Symptoms of hyperglycemia include:

- **Vomiting**
- Extreme thirst
- Need to urinate often
- Dry skin
- Hunger
- Blurry vision
- Drowsiness
- Yeast infection

Hyperglycemia often starts slowly, but it may lead to a medical emergency if not treated.

Causes: Too much food; too little insulin; illness or stress

Take action:

- Check your blood sugar regularly.
- Check ketones if blood sugar levels are over 300.
- If your blood sugar levels are higher than 240 three times in one day, call your diabetes provider.

Sick-day checklist

- Have the following items available for sick-day use:
  - Phone numbers for your doctor, diabetes educator and dietitian
  - Easy-to-eat foods such as gelatin, applesauce or soup
  - Carbohydrate-containing liquids, such as non-diet soft drinks
- Do not stop taking insulin before consulting your physician.
- Try to eat as you normally do; substitute easy-to-eat foods as necessary.
- Drink plenty of fluids.
- Monitor your blood sugar every 2 to 4 hours.
- Monitor your urine ketone levels every 3 to 4 hours.
  - Refer to urine ketone reading indications.
- Call your doctor or other healthcare professional when you experience:
  - Illness that lasts longer than a day
  - Nausea or vomiting
  - Stomach pain
  - Persistent diarrhea
  - High blood sugar or blood ketone levels
  - Fever over 100°F

Visit choa.org/diabetes for more information.

LOW
BLOOD GLUCOSE

HYPOglycemia

Causes: Too little food, too much insulin or diabetes medicine, or extra activity

Onset: Sudden, may progress to insulin shock

SYMPTOMS:

SHAKING

FAST HEARTBEAT

SWEATING

DIZZINESS

ANXIOUS

HUNGER

IMPAIRED VISION

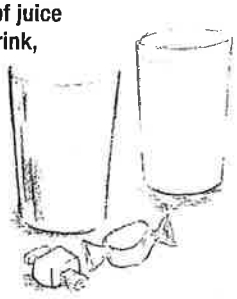
WEAKNESS/FATIGUE

HEADACHE

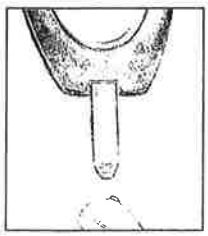
IRRITABLE

WHAT YOU CAN DO:

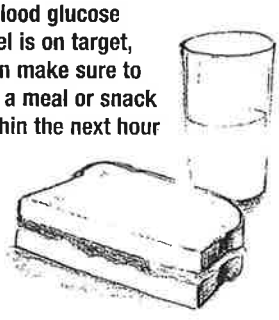
1. Drink 1/2 glass of juice or regular soft drink, or one glass of milk, or eat some soft candies (not chocolate)



2. Within 15 minutes after eating, TEST BLOOD GLUCOSE; if blood glucose level is still low, then eat again (as in step 1) – even if you feel better; within 15 minutes after eating again, TEST BLOOD GLUCOSE; if blood glucose level is still low, then call your doctor



3. If blood glucose level is on target, then make sure to eat a meal or snack within the next hour



NIPRO DIAGNOSTICS™

Concept developed by Rhoda Rogers, RN, BSN, CDE at Salud Family Health Center, Fort Lupton, Colorado. Information sourced from www.diabetes.org.
MKT0057 Rev. 20

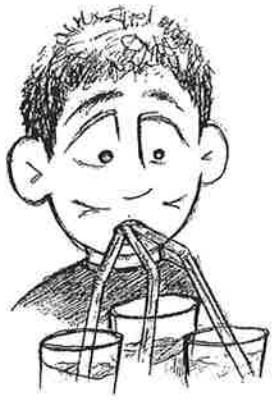
HIGH
BLOOD GLUCOSE

HYPERglycemia

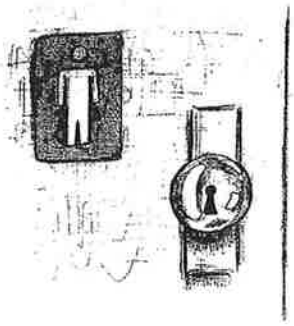
Causes: Too much food, too little insulin or diabetes medicine, illness or stress

Onset: Gradual, may progress to diabetic coma

SYMPTOMS:



EXTREME THIRST



FREQUENT URINATION

DRY SKIN

BLURRED VISION

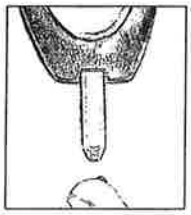
HUNGER

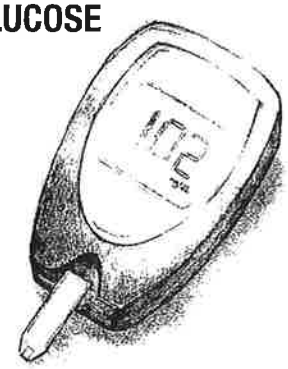
DROWSINESS

DECREASED HEALING

WHAT YOU CAN DO:

1 TEST BLOOD GLUCOSE





2 CALL YOUR DOCTOR

If over 200 mg/dL for several tests or for two days

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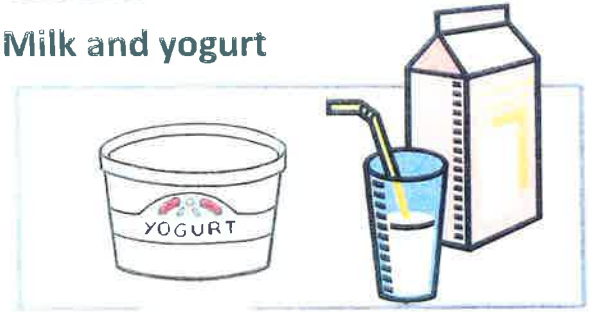
Foods that raise Blood Sugar (need insulin)Bread, cereal, rice, pasta

Fruit and fruit juice

Milk and yogurt



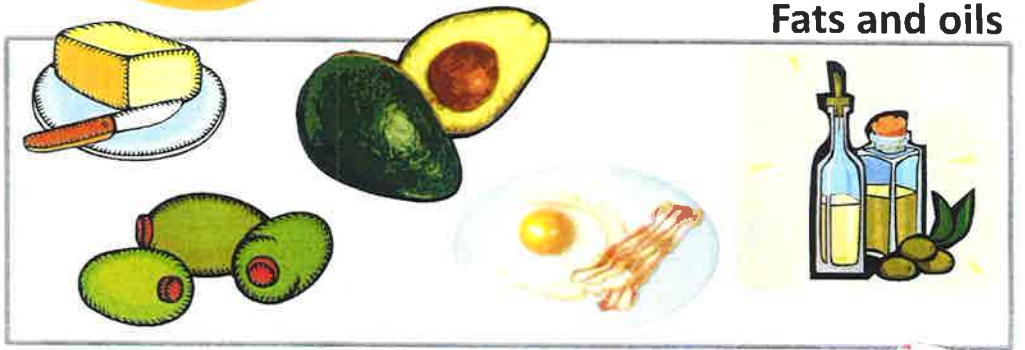
Starchy vegetables

Dessert and treats

Foods that don't raise Blood Sugar (no insulin) Non-starchy veggies

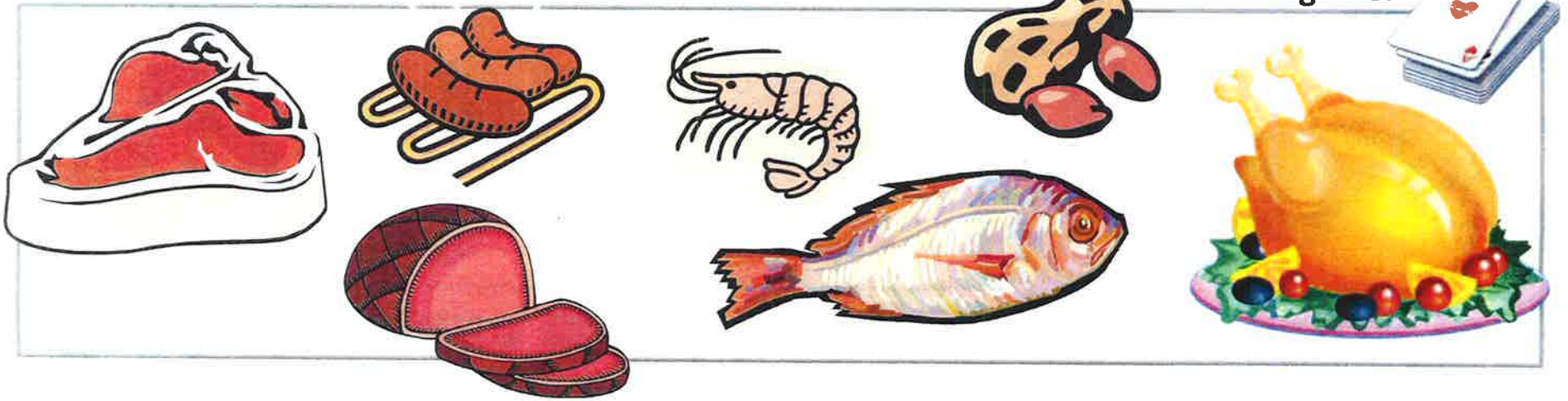
Cheese and eggs

Fats and oils



Meats and proteins

Serving size:



Insulin Dosing Worksheet

Insulin : Carbohydrate ratio 1 unit :_____ grams carb
Correction Formula: (Blood Sugar - _____) ÷ _____

1. Insulin for Food

Add up all the Carbohydrates in your meal **Total Carbs** _____

Divide the Total Carbs by the Insulin : Carb ratio ÷ _____

Insulin needed to cover the carbs **Units of Insulin =** [ ]

2. Insulin to Correct a High Blood Sugar

If pre-meal Blood Sugar is ≥_____,
Take the BS reading and subtract ____ **(BS ____ - ____) =** _____

Divide what's left by the correction factor ÷ _____

Insulin needed to correct the high BS **Units of Insulin =** [ ]

3. Total Insulin

Add the number of units needed for **FOOD** plus **CORRECTION** to get your total dose of Insulin (Humalog/Novolog/Apidra.)

Food Insulin	+	**Correction Insulin**	=	**Total Insulin**
_____	+	_____	=	

Note: Your doctor may give you different correction instructions for pre-bedtime