

# Diabetes Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of diabetes. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
<b>GREEN</b>	<p><b>Green means you are doing well.</b> Symptoms are <b>STABLE</b>.</p> <p>Your diabetes is well controlled.</p>	<ul style="list-style-type: none"> <li>• normal blood glucose levels</li> <li>• blood glucose level between 80 and 130, or _____ before a meal</li> <li>• blood glucose level less than 180 or ____ two hours after a meal</li> <li>• no illness – cold, flu, infection</li> <li>• stress is controlled</li> <li>• feeling good</li> </ul>	<p>Continue the basic four:</p> <ul style="list-style-type: none"> <li>• Monitor blood glucose.</li> <li>• Take medications.</li> <li>• Follow a balanced diet.</li> <li>• Exercise regularly.</li> </ul>
<b>YELLOW</b>	<p><b>Yellow means CAUTION.</b></p> <p>Your symptoms indicate you may need to talk with your provider.</p>	<ul style="list-style-type: none"> <li>• random high blood glucose – over 200 or _____</li> <li>• elevated blood glucose at same time of day for three days in a five-day period</li> <li>• frequent low blood glucose – less than 70 or _____</li> <li>• symptoms of acute illness</li> <li>• stress not controlled</li> <li>• feeling tired, depressed</li> <li>• lacking energy</li> </ul>	<ul style="list-style-type: none"> <li>• Check blood glucose more often.</li> <li>• Treat high or low blood glucose levels with treatment options from reverse side.</li> <li>• Call your provider if you have repeated patterns of highs and lows, or if symptoms persist.</li> </ul>
<b>RED</b>	<p><b>Red means you may need help IMMEDIATELY!</b> Symptoms are <b>unstable</b>.</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> <li>• blood glucose at 300 or higher for two tests in a row or _____</li> <li>• positive urine ketones</li> <li>• confusion</li> <li>• fruity breath</li> <li>• difficulty breathing</li> <li>• nausea</li> <li>• vomiting</li> <li>• diarrhea</li> <li>• dehydration</li> </ul>	<ul style="list-style-type: none"> <li>• Call your provider.</li> <li>• Refer to sick plan on back of this page.</li> </ul>

# High and Low Blood Glucose

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

	High BG (hyperglycemia)	Low BG (hypoglycemia)
Definition	<ul style="list-style-type: none"> <li>Any reading above your target range.</li> <li>Any reading over 200.</li> </ul>	<ul style="list-style-type: none"> <li>Any reading at 70 or below.</li> <li>Symptoms may indicate BG is dropping fast and on the way to being low.</li> </ul>
Causes	<ul style="list-style-type: none"> <li>too much food</li> <li>not enough medicine or missed dose</li> <li>not enough or decreased exercise</li> <li>stress, illness or surgery</li> <li>steroids</li> <li>sleep apnea or insomnia</li> </ul>	<ul style="list-style-type: none"> <li>not enough food or missed meals</li> <li>too much medicine</li> <li>too much or increased exercise</li> <li>drinking alcohol without eating</li> </ul>
Symptoms	<ul style="list-style-type: none"> <li>increased thirst</li> <li>increased urination</li> <li>increased tiredness</li> <li>increased hunger</li> <li>blurred vision</li> </ul>	<ul style="list-style-type: none"> <li>sweating or cold, clammy skin</li> <li>dizziness, shakiness</li> <li>hard, fast heartbeat</li> <li>headache</li> <li>confusion or irritability</li> </ul>
Treatment	<ul style="list-style-type: none"> <li>Always check BG right away.</li> <li>Drink water or sugar-free liquids.</li> <li>If you take insulin, you may need to take an extra dose if your provider has instructed you to do so.</li> <li>If BG is &lt; 250 and you are well, mild exercise such as walking can lower BG.</li> <li>Check BG every four hours until normal.</li> <li>Call your provider if BG is not going down after two checks or if you get worse.</li> </ul>	<ul style="list-style-type: none"> <li>Always check BG right away.</li> <li>Eat or drink 15 grams of fast-acting sugar: ½ cup of juice, 3-4 glucose tablets, 6 oz regular soda, 7-8 jelly beans.</li> <li>Check BG after 15 minutes to see if fast-acting sugar worked.</li> <li>If BG is still low, repeat 15 grams of fast-acting sugar.</li> <li>Once BG comes up, eat a small snack if your next meal is more than one-half hour away.</li> <li>Call your provider if BG does not respond to treatment with fast-acting sugar.</li> </ul>

## Sick-Day Plan

When you are ill, your diabetes control may be affected.

- Continue taking your diabetes medication as directed.
- Check urine for ketones if blood glucose is 240 mg/dl or higher, and you have type 1 diabetes.
- Eat regularly. Soup, toast and sips of juice are good choices if your stomach is upset.
- Check your blood glucose every three to four hours.
- Drink plenty of liquids.
- Call your provider 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.

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