



KEEPING CONTROL OF MY DIABETES

Signs of High Blood Sugar

- Feeling thirsty
- Going to the bathroom a lot
- Feeling hungry
- Blurry vision
- Feeling tired
- Feeling nauseated
- Feeling weak
- Rapid, shallow breathing
- Warm, dry/flushed skin
- Fruity breath odor

What should I do? Ask your doctor for instructions.

Check blood sugar and if over _____ call your doctor for instructions

Signs of Low Blood Sugar

- Feeling shaky or weak
- Feeling tired
- Feeling dizzy
- Headache
- Impulse to vomit
- Sweating
- Blurry vision
- Feeling confused
- Seizure
- Passing out

What should I do? Ask your doctor for instructions.

Check your blood sugar. If your blood sugar is below 70, eat or drink something with 15 grams of carbohydrate (see list below). Check your blood sugar again in 15 minutes and if it is still below 70, eat or drink another snack with 15 grams of carbohydrate.

Here are some good choices for treating low blood sugar; make sure to always have one on hand

- Drink ½ cup of orange juice
- Chew and swallow 5-6 Lifesavers candy
- Chew and swallow 3 glucose tablets (you can find these at a pharmacy)
- Drink ½ cup of regular soda (Coke, Sprite, Pepsi)

CALL MY DOCTOR TODAY IF:

- My blood sugar is over _____
- My Blood Sugar is less than _____
- I have chest pain or tightness
- I feel weak or have tingling on one side of my body
- I have new vision problems
- I have new speech problems
- I have new sores or redness on my feet
- I feel dizzy or confused
- I need to go to the bathroom more than usual
- I feel thirstier than usual