

Controlling your diabetes is important to your good health, so we've created this action plan as a guide to help you manage your diabetes symptoms. Take it with you the next time you see your doctor: He or she can help you decide on the plan of action that is best for you.

My Name: \_\_\_\_\_ Date: \_\_\_\_\_

MY TEAM	NAME	PHONE	LOCATION
Primary Doctor			
Specialist			
Pharmacist			
Urgent Care Center			
Emergency Room			

## WHEN I FEEL WELL

### MY NORMAL SYMPTOMS ARE:

- My blood glucose level is normal
- My stress level is under control
- I feel good
- Other \_\_\_\_\_

### CONTINUE TO:

- Monitor my blood glucose
- Take my medications
- Eat a balanced diet
- Exercise regularly

## WHEN I FEEL WORSE

### SYMPTOMS I MAY HAVE:

- My blood glucose level is any of the following:
  - Over 200 mg/dl or \_\_\_\_\_ for no reason
  - Elevated at the same time of day for three days in a five-day period
  - Frequently less than 70 mg/dl or \_\_\_\_\_
- I feel stressed, tired, depressed or like I don't have any energy
- I feel like I'm sick
- Other \_\_\_\_\_

### THIS IS WHAT TO DO:

- Check my blood glucose more often than usual
- If my blood glucose levels are too high or too low, try some of the actions on the other side of this sheet
- Call my doctor if I have repeated patterns of highs and lows, or if my symptoms persist

## WHEN I FEEL MUCH WORSE

### SYMPTOMS I MAY HAVE:

- My blood glucose is 300 or higher for two consecutive tests or \_\_\_\_\_
- I have positive ketones in my urine
- I feel confused
- I am sick to my stomach or am vomiting or experiencing diarrhea
- Breathing is difficult or my breath is "fruity"
- I am dehydrated
- Other \_\_\_\_\_

### THIS IS WHAT TO DO:

- Call your doctor right away for directions and actions to take
- Follow the steps on the other side of this sheet for when I get sick

## WHAT TO DO WHEN I'M SICK

- Continue taking my medication as directed
- Check my urine for ketones if my blood glucose is 240 mg/dl or higher and I have Type 1 diabetes
- Eat regularly and drink plenty of fluids. Soup, toast and sips of juice are good choices for an upset stomach
- Check my blood glucose level every 3 to 4 hours
- Call my doctor if:
  - My blood glucose before I eat is over 240 mg/dl and stays at that level for more than 24 hours, *OR*
  - I have been vomiting or having diarrhea for more than 6 hours

## WHEN MY BLOOD GLUCOSE (BG) IS HIGH OR LOW

	My blood glucose is <b>HIGH</b> whenever: > My blood glucose level reading is above my target range, <i>OR</i> > My blood glucose level reading is above 200	My blood glucose is <b>LOW</b> whenever: > My blood glucose level reading is at 70 or below
<b>What Can Cause It</b>	<ul style="list-style-type: none"> <li>• Eating too much</li> <li>• Missing a dose of medication</li> <li>• Exercising too little or not as much as usual</li> <li>• Feeling stressed, getting sick or having surgery</li> <li>• Taking steroids</li> <li>• Getting not enough sleep or having sleep apnea</li> </ul>	<ul style="list-style-type: none"> <li>• Not eating enough food or missing a meal</li> <li>• Taking too much medication</li> <li>• Exercising too much or more than I'm used to</li> <li>• Drinking alcohol without eating</li> </ul>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• I'm thirstier and/or hungrier than usual</li> <li>• I have to go to the bathroom more often</li> <li>• I feel more tired than normal</li> <li>• My vision is blurred</li> </ul>	<ul style="list-style-type: none"> <li>• My skin feels cold and clammy and/or I'm sweating</li> <li>• I feel dizzy or shaky</li> <li>• My heart is beating hard and fast</li> <li>• I have a headache</li> <li>• I feel confused or irritated</li> </ul>
<b>What I Can Do</b>	<ul style="list-style-type: none"> <li>• Check my blood glucose level right away</li> <li>• Drink water or sugar-free liquids</li> <li>• If taking insulin, check with my doctor to see if I need to take an extra dose</li> <li>• Check my glucose level every four hours until normal</li> <li>• Call my doctor if my glucose level is still not going down after two checks, or if I feel worse</li> </ul>	<ul style="list-style-type: none"> <li>• Check my blood glucose level right away</li> <li>• Eat or drink 15 grams of fast-acting sugar (such as ½ cup of juice, 3 to 4 glucose tablets, 6 ounces of regular soda or 7 to 8 jelly beans). Then, check my glucose level after 15 minutes:                             <ul style="list-style-type: none"> <li>&gt; <i>If my level is back up --</i> Eat a small snack if my next meal is more than a half hour away</li> <li>&gt; <i>If my level is still low --</i> Call my doctor</li> </ul> </li> </ul>

SCAN Health Plan is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal.