

This Action Plan is designed to help patients and their caregivers learn what steps to take when managing diabetes symptoms. This plan includes three zones: Green, Yellow, and Red. If you are in the Green Zone, your symptoms are under control. If you are in the Yellow Zone, your diabetes may be uncontrolled. If you are in the Red Zone, you may need to call 911 or go to the emergency room.

This Action Plan was developed using standard diabetes guidelines, but it is important to review it with your doctor. They may have other steps for you to take when symptoms arise.

Green Zone: I feel well today.

- Normal blood glucose (sugar) levels
- Blood glucose levels between 80 and 130 before a meal
- Blood glucose levels less than 180 two hours after a meal
- No illness
- Stress is controlled

What to do:

Continue to:

- Take medications as prescribed.
- Monitor your glucose levels.
- Follow a balanced diet.
- Exercise as directed by your doctor.

Yellow Zone: I'm not feeling quite right.

- Random blood glucose level over 200
- High blood glucose at the same time of the day for three out of the last five days
- Frequent low blood glucose less than 70
- Feeling ill
- Stress is not controlled
- Feeling tired or lacking energy

What to do:

- Call your doctor to report your symptoms and discuss how to manage high or low blood sugar levels.
- If you are sick, refer to the sick plan on the next page.

Red Zone: I need help now.

- Blood glucose over 300 or less than 50 for two tests in a row
- Symptoms such as nausea, vomiting, diarrhea, dehydration, feeling weak or lightheaded
- Confusion
- Difficulty breathing
- Your breath smells fruity

What to do:

- Call your doctor to report your symptoms and discuss how to manage high or low blood sugar levels.
- If you experience confusion, difficulty breathing, or fruity breath, call 911 for immediate help.

My doctor's name: _____

My doctor's phone number: _____

High and Low Blood Glucose

Keeping your blood glucose in range is important and is a major goal for managing diabetes. When you have high or low blood glucose, it is important to check your blood glucose more frequently. If possible, determine what has caused your sugar to be high or low and take appropriate actions.

	High Blood Glucose	Low Blood Glucose
Definition	- Any reading over your target range OR - Any reading over 200	Any reading below 70
Causes	- Too much food - Missing your diabetes medication(s) - Not taking enough of your diabetes medication(s) - Stress or illness - Medications such as steroids	- Not eating enough or skipping meals - Taking too much of your diabetes medication(s) - Kidney disease - Drinking alcohol without eating - Increased exercise
Symptoms	- Increased thirst, hunger, tiredness, or urination - Blurred vision	- Cold, clammy skin or sweating - Dizziness or feeling shaky - Fast heart rate - Headache - Confusion
Treatment	- If you take insulin, ask your doctor if you should take an extra dose. - Drink water or sugar-free liquids. - Check your glucose every 4 hours until it is in a normal range. - Call your doctor if your glucose is not decreasing after two tests or if it goes up.	- Eat or drink fast-acting sugar such as juice, regular soda, or candy. - Check your sugar 15 minutes after eating to make sure your glucose is going up. - If still low, repeat - Eat a small meal once your sugar is in range. - Call your doctor if your sugar stays low.

Sick Day Plan: If you are sick, controlling your glucose may be difficult.

What to do:

- Continue to take your diabetes medicines as directed.
- Continue to eat regularly. Bananas, rice, apple sauce, and toast may be helpful if you have an upset stomach.
- Check your glucose every 3 to 4 hours.
- Drink liquids to stay hydrated.
- Call your doctor if your pre-meal blood glucose is over 250 and stays high, or if it is under 70 and stays low.
- Call your doctor for additional assistance if your sickness lasts more than 24 hours.