

## HIGH BLOOD SUGAR

Can occur if you eat too much food, are ill, under a lot of stress or do not take enough medicine.

**Signs:** tiredness, urinating often, feeling thirsty and having blurry vision.

### ACTION

- ▶ Call your health care provider if you have unexplained blood sugar of 200 mg/dl or greater for 2 days
- ▶ Monitor your sugar level every 4 hours or as discussed with your doctor

## SICK DAY RULES

**When you are sick, your blood sugars are harder to control.**

### ACTION

**Call your health care provider if you: cannot eat, vomiting, having diarrhea, or having continued high blood sugar.**

- ▶ Test your blood sugar more often (4 to 6 times a day) or as discussed with your doctor
- ▶ Keep taking your diabetes medications
- ▶ Drink at least one cup of water or other sugar free and caffeine free drinks each hour
- ▶ **If you cannot eat your usual meal, have one of the following 15 grams of carbohydrate every 3 - 4 hours**
  - ½ cup fruit juice
  - 1 cup milk
  - ½ cup regular soft drinks
  - 6 saltine crackers
  - 1 cup soup
  - ½ cup ice-cream

## BEING ACTIVE OR EXERCISING

This will help you control weight, lowers blood sugar and can prevent heart disease and other problems.

- ▶ **If you take insulin:**
  - do not inject it into the body area you are exercising
  - do not inject it COLD into your body
- ▶ **You can have low blood sugar many hours after you exercise**

### ACTION

- ▶ **Before you exercise**
  - talk with your health care provider.
  - test your blood sugars.
  - eat a snack if your blood sugar is less than 100 mg/dl.

### Remember to:

- ▶ Carry a fast acting sugar
- ▶ Wear shoes and socks that fit
- ▶ Drink plenty of water before, during and after exercise
- ▶ Stop exercising if you are short of breath, feel faint or have pain
- ▶ Talk with your doctor about these problems before you exercise again
- ▶ Eat a snack if you are exercising for more than 45 minutes
- ▶ Test your sugar right away if you feel signs of low blood sugar
- ▶ If you cannot test, treat anyway just to be safe
- ▶ Wear a medical identification (In an emergency, someone will know you have diabetes)

## PROTECTING YOUR FEET

### ACTION

- ▶ **Take off your shoes and socks each time you visit your health care provider**
- ▶ Examine the top and bottom of your feet every day. Use a mirror to help you if necessary
- ▶ Wash your feet every day with mild soap and warm water (test the water with your elbow or wrist)
- ▶ Apply lotion to tops and bottoms of your feet – **NOT BETWEEN TOES**
- ▶ Wear socks / stockings at all times
- ▶ Inspect your shoes before placing your feet inside
- ▶ **Shoes and slippers should:**
  - cover your feet fully
  - be comfortable and fit well
- ▶ **Do Not:**
  - walk barefoot
  - soak your feet
  - use heating pads or hot water bottles to warm your feet
  - treat skin and foot conditions
- ▶ See your doctor **right away** if you notice:
  - reddened areas
  - swelling, blisters or cracks on your skin
  - change in feeling or temperature
- ▶ See a Podiatrist if you are not able to cut or trim your nails.



SUNY  
**DOWNSTATE**  
Medical Center

University Hospital of Brooklyn

# DIABETES DISCHARGE INSTRUCTIONS



Approved By: The Patient and Family Education Committee

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## APPOINTMENTS AND FOLLOW-UP CARE

### ACTION

- ▶ Make sure you have all your diabetes prescriptions such as:
  - blood glucose testing (meter, strips, lancets)
  - medication (pills, insulin vials, insulin pens) **Insulin should not be injected cold.**
  - syringes, pen needles
- ▶ Talk with your health care provider about when and how often to test your blood sugar. Record your blood sugar tests in a logbook to review with your health care provider.
- ▶ Make sure you have an appointment to meet with your health care provider to go over your diabetes care plan.
- ▶ Ask your Health Care Provider (primary) to refer you for out-patient diabetes education

### IMPORTANT TELEPHONE NUMBERS:

**Diabetes Treatment Center**  
(referral needed from doctor)  
718-270-7207

**Dietitian** (referral needed from doctor)  
718-270-1485

**Brooklyn Diabetes Club**  
718-270-2020 or 718-270-3739

#### REFERENCES:

1. American Diabetes Association [www.diabetes.org](http://www.diabetes.org)
2. Joslin EZStart. Joslin Diabetes Center 2006
3. 4 Steps to Control Your Diabetes. For Life. <http://ndep.nih.gov/publications>
4. Take Charge of Your Diabetes <http://www.cdc.gov/diabetes/pubs/>

## LOW BLOOD SUGAR (Sugar less than 70 mg/dl)

Can occur when food, exercise and diabetes medicine don't balance. Such as:

- ▶ Too little food and delay in meals
- ▶ Too much exercise
- ▶ Too much medication

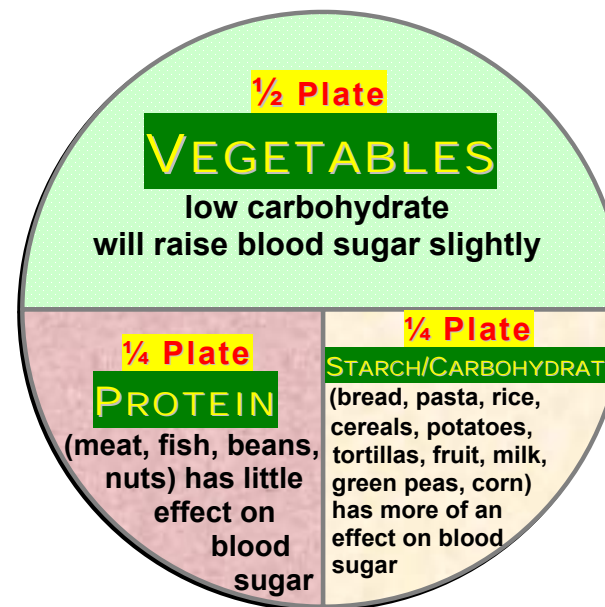
### You may feel -

Shaky, hungry, sleepy or tired, sweaty, confused, dizzy, restless during night time sleep.

### ACTION

- ▶ If you feel symptoms of low blood sugar, test your blood immediately if you can
- ▶ If you are **unable** to test, **treat right away with one (1) of the following 15 grams of fast acting sugar:**
  - 3 glucose tablets or 3 hard candies
  - ½ glass (4 ounces) fruit juice
  - ½ glass regular soda
- ▶ Re-check your sugar 15 minutes after treatment. If it is above 70 mg/dl eat a snack if your next meal is more than 1 hour away.
- ▶ If it is still below 70 mg/dl, repeat the treatment
- ▶ If you do not feel better, call your health care provider or call 911

## YOUR PLATE FOR MEAL PLANNING



## HEALTHY EATING

Having diabetes **does not mean you have to give up all the foods you enjoy, but it does mean you have to control your portion sizes.** Learning to eat healthy meals is an important part of your management.

### ACTION

- ▶ Ask your health care provider to refer you to a dietitian
- ▶ Learn how different foods and the amount eaten affect your blood sugar
- ▶ Eat 3 meals a day; eat 2 snacks a day. **DO NOT SKIP MEALS**
- ▶ Balance your meals: include sources of carbohydrate, protein and/or health fats

### Include daily:

- 1½ cups vegetables
- 2 – 3 servings of fruit
- 1 – 3 cups low fat milk or yogurt

## READING NUTRITION LABEL

First: Check Serving Size

The serving size for this food is 1 cup  
There are 2 servings or 2 cups in this container

## Nutrition Facts

Serving Size 1 cup

Servings Per Container 2

Amount Per Serving	1 Cup	% Daily Value*	
Calories 250	Calories from Fat 110		
Total Fat 12 g		18%	
Saturated Fat 3 g		15%	
Trans Fat 1.5 g			
Cholesterol 30 mg		10%	
Sodium 470 mg		20%	
Total Carbohydrate 31 g		10%	
Dietary Fiber 0 g		0%	
Sugars 5 g			
Vitamin A 4%	Vitamin C 2%		
Calcium 20%	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs;			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Second: Check Total Carbohydrate Content

The **Total Carbohydrate** tells how many grams of carbohydrate are in 1 serving. 15 grams of carbohydrate is equal to 1 carbohydrate serving.

Fiber is also included in the total carbohydrate amount.

Sugar is already included in the total carbohydrate amount. This value shows the total amount of both **natural** and **added sugars**.