**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

**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.

3/10 Revised 7/12

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 (Education and Support) 718-270-2020 or 718-270-3739
- Diabetes Self Management Education Center (referral needed from doctor) Fax: 718-270-8175 • Tel: 718-270-2020

**REFERENCES:**

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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

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**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.
- Include daily:
  - ½ cups vegetables
  - 2 – 3 servings of fruit
  - 1 – 3 cups low fat milk or yogurt

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**YOUR PLATE FOR MEAL PLANNING**

![Picture of a plate divided into sections for different food groups]

**VEGETABLES**
low carbohydrate will raise blood sugar slightly

**PROTEIN**
(meat, fish, beans, nuts) has little effect on blood sugar

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**HEALTHY EATING**

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>1 Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>470 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 g</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9</th>
<th>Carbohydrate 4</th>
<th>Protein 4</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>65 g</td>
<td>80 g</td>
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</tr>
<tr>
<td>Less than</td>
<td>20 g</td>
<td>25 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td></td>
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</tr>
<tr>
<td>Less than</td>
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<td>300 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>2,400 mg</td>
<td>2,400 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300 g</td>
<td>375 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25 g</td>
<td>30 g</td>
<td></td>
</tr>
</tbody>
</table>

**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.