

Diabetes Action Plan

Keeping Your Blood Sugar in a Safe Range



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Diabetes is a long term health problem where your body does not make enough insulin or cannot use the insulin it makes. Blood sugar (glucose) levels can get too high, causing serious problems over time. When treating diabetes with medicines, sometimes blood sugar may also drop too low. Use this action plan to help keep your blood sugar in a safe range.

Red Zone: EMERGENCY! Call 911.

- My glucose monitor reads “low” or “high” (number is outside of monitor’s range).
- I have double vision, convulsions, or seizures.
- Others think I am confused or disoriented, or I am unconscious.
- My symptoms are worse and I cannot reach my healthcare provider.
- I was given glucagon emergency medicine.
- My wound has a bad odor, pus, or red streaks.

Yellow Zone: This is a warning – call my healthcare provider.

- My morning (fasting) blood sugar is over 130 for more than 1 week.
- My blood sugar after eating is usually 180 or more.
- If I have a continuous glucose monitor (CGM) and my time above range has been above 25% for the last 2 weeks.
- If I have a CGM and my time below range has been above 5% for the last 2 weeks.
- I have high blood sugar with unexplained weight loss, nausea, vomiting, or increased urine output.
- I needed someone to bring me food or drink to bring up my blood sugar.
- My blood sugar stays under 70 after treating for low blood sugar (follow directions on next page).
- I have had low blood sugar more than 2 times in 1 week.
- I have a new blister or wound on my foot.

Green Zone: My diabetes is in a safe range.

- Most of my morning (fasting) blood sugars are under 130.
- My blood sugars 2 hours after eating are no lower than 70 and no higher than 180.
- If I have a CGM and my time in range is above 70%.
- My hemoglobin A1C is less than 7%.
- I am keeping my appointments as scheduled.

Treatment for low blood sugar

- **Eat or drink some food with sugar (15 grams of carbs),** such as (choose 1):
 - › Chew 3 to 4 glucose tablets or 1 package of oral glucose gel
 - › 1 tablespoon of sugar
 - › ½ cup or 4 ounces of juice or regular soda (not diet)
 - › 3 squares of graham crackers
 - › 2 teaspoons of honey or syrup
 - › 5 to 6 mini jelly beans
 - › 2 to 3 gumdrop candies or regular size jelly beans
- **Wait 15 minutes and check your blood sugar.**
 - › If your blood sugar is still less than 100, or if you are not feeling better, eat or drink another serving of food or drink from the list.
- **Wait another 15 minutes and recheck your blood sugar.**
 - › **If your blood sugar is 100 or more, this is better.** You may feel tired for awhile. If it is time for your next meal soon, go ahead and sit down and eat. If your next meal time is more than an hour away, eat a snack of ½ sandwich and 1 cup of milk.
 - › **If you check your blood sugar and it is 100 or more and you are still not feeling better, call 911.** It may not be a problem with your blood sugar and you may need more help.
 - › **If you check your blood sugar and it stays under 70 after following these steps, call 911.**
- **Be careful not to over treat.** If you panic and start to eat or drink until you feel better, your blood sugar may go too high.



**Warning:
Blood Sugar Under 70**

If you are found unconscious:

Your helper will need to give you glucagon. This a prescription medicine (injection or nasal powder) that is used for severe low blood sugar when you might be found unconscious. Keep glucagon with you. Show your family members, friends, and coworkers where you keep the medicine and have them learn how to use it.

Call your healthcare provider if you have:

- Low blood sugar more than 2 times in 1 week
- Wild swings from high to low blood sugar

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.