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 balanced and at a healthy level.

Each day:
- Check your blood sugar ___ times per day
- Take your medicine as ordered
- Check your feet for sores, blisters, and red areas
- Follow healthy eating habits
- Exercise at least 30 minutes
- Avoid smoking (cigarettes, vapor, or marijuana)

Red Zone: EMERGENCY! Call 911
- My blood sugar stays under 70 after treating for low blood sugar (follow directions on back of page)
- My monitor reads “low” or “high” (number is out of meter’s range)
- I have double vision, convulsions, or seizures
- Others think I’m confused or disoriented, or I’m unconscious
- My wound has a bad odor, pus, or red streak lines
- My signs are worse and I can’t reach my doctor

Yellow Zone: This is a warning - Call my doctor
- My blood sugar after eating is usually 180 or more
- My morning (fasting) blood sugar is over 130 for more than 1 week
- I have had low blood sugar more than 2 times in 1 week
- I have a new blister or wound on my foot

Provider’s name ________________  Phone_________________

Green Zone: My diabetes is under control
- My blood sugars 2 hours after eating are no lower than 70 and no higher than 180
- Most of my morning (fasting) blood sugar are under 130
- 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**, such as (choose 1):
  - 1 cup of milk
  - 1 tablespoon of sugar
  - ½ cup of juice or soda
  - 3 squares of graham crackers
  - Chew 3 glucose tablets
  - 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, you will be fine. 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.

**Call your doctor or nurse if**

- You have low blood sugar more than 2 times in a week
- You have wild swings from high to low blood sugar

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**Talk to your doctor or health care team if you have any questions about your care.**

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

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