

Diabetes Action Plan

The green, yellow, and red zones show different symptoms of diabetes and actions you should take. The list of symptoms is not complete, and you may experience other symptoms. Your health care provider may recommend other actions specific to your symptoms. This diabetes action plan should be discussed between you and your doctor(s)/health care provider(s).

Green Zone » I feel well today. *(Keep up the good work!)*

- Normal blood glucose levels
- Blood glucose level between 80–130, or _____ before a meal
- Blood glucose level less than 180 or _____ two hours after a meal
- No illness—cold, flu, or infection
- Stress is controlled
- Feeling good

Actions

Continue the basic four:

- Monitor blood glucose
- Take medications
- Follow a balanced meal plan
- Exercise regularly

Yellow Zone » I am having a bad day, don't feel well. *(You may need to talk to your provider.)*

- Random high blood glucose—over 200 or _____
- High blood glucose at same time of day for three days in five-day period
- Frequent low blood glucose—less than 70 or _____
- Symptoms of acute illness
- Stress not controlled
- Feeling tired, depressed
- Lacking energy

Actions

- Check blood glucose more often
- Treat high or low blood glucose levels with treatment options from reverse side
- Call your provider if you have repeated patterns of highs and lows, or if symptoms continue

Red Zone » I need help IMMEDIATELY.

- Blood glucose at 300 or higher for two tests in a row or _____
- Positive urine ketones
- Nausea
- Vomiting
- Diarrhea
- Dehydration
- * Confusion
- * Fruity Breath
- * Difficulty Breathing

Actions

- Call your provider and report your symptoms
- Refer to sick plan on back of this page
- * **Red starred** symptoms require immediate action
- **YOU MAY NEED TO CALL 911**

My doctor's name is: _____

My doctor's phone number is: _____

High and Low Blood Glucose

Keeping your blood glucose in the normal range is one of the goals of diabetes management. When you have high or low blood glucose, it is important to check your blood glucose more frequently. Think about what may have caused it to be high or low and treat it appropriately.

	High Blood Glucose (hyperglycemia)	Low Blood Glucose (hypoglycemia)
Definition	<ul style="list-style-type: none"> Any reading above your target range OR Any reading over 200 	<ul style="list-style-type: none"> Any reading at 70 or below Symptoms may show glucose is dropping fast and on the way to being low
Causes	<ul style="list-style-type: none"> Too much food Not enough medicine or missed dose Not enough or decreased exercise Stress, illness, or surgery Steroids Sleep apnea or trouble sleeping 	<ul style="list-style-type: none"> Not enough food or missed meals Too much medicine Too much or increased exercise Drinking alcohol without eating
Symptoms	<ul style="list-style-type: none"> Increased thirst Increased urination Increased tiredness Increased hunger Blurred vision 	<ul style="list-style-type: none"> Sweating or cold, clammy skin Dizziness, shakiness Hard, fast heartbeat Headache Confusion or irritability
Treatment	<ul style="list-style-type: none"> Always check blood glucose right away Drink water or sugar-free liquids If you take insulin, you may need to take an extra dose if your provider instructs you to do so If your glucose is below 250 and you are well, mild exercise can lower blood sugar Check glucose every 4 hours until normal Call your provider if glucose is not going down after two checks or if you get worse 	<ul style="list-style-type: none"> Always check blood glucose right away Eat or drink 15 grams of fast-acting sugar: ½ cup of juice, 3–4 glucose tablets, 6 oz. of regular soda, 7–8 jelly beans Check glucose after 15 minutes to see if sugar worked If glucose is still low, repeat 15 grams of fast-acting sugar Once glucose comes up, eat a small snack if your next meal is more than ½ hour away Call your provider if glucose does not respond to treatment with fast-acting sugar

Sick-Day Plan » When you are ill your diabetes control may be affected.

- Continue taking your diabetes medications as directed
- Eat regularly—soup, toast, and sips of juice are good choices if your stomach is upset
- Check your blood glucose every 3–4 hours
- Drink plenty of liquids
- Call your provider if your pre-meal blood glucose is over 240 mg/dL, and stays high

for over 24 hours, or if you have been vomiting or having diarrhea for over 6 hours.

References

- Glycemic Targets: Standards of Medical Care in Diabetes – 2019 American Diabetes Association, Diabetes Care 2019 Jan; 42(Supplement 1): S61-S70. <https://doi.org/10.2337/dc19-S006>
- How To Treat Low Blood Sugar (Hypoglycemia), <https://www.cdc.gov/diabetes/basics/lowblood-sugar-treatment.html>
- Low Blood Sugar (Hypoglycemia), <https://www.cdc.gov/diabetes/basics/low-blood-sugar.html>