

Advanced Home Care's *Extraordinary Care™* Program for Patients with Diabetes.

WHAT ZONE ARE YOU IN TODAY?

**RED
ZONE**
Call your
Doctor NOW if:

- Blood sugar less than 70mg/dl and does not increase above 70 within 15 minutes after eating
- Two random blood sugars greater than _____

**YELLOW
ZONE**
Recheck your
blood sugar if:

Then call your Nurse
or your Doctor if
symptoms continue

- Feel shaky or sweaty
- Sudden weakness or confusion
- Unusually thirsty
- More frequent urination
- More sleepy than usual
- Most blood sugars are greater than _____
- Most fasting blood sugars are under _____
- Unexpected blood sugar greater than _____

**GREEN
ZONE**
Great
Control if:

- Blood sugar between 70 and 130mg/dl before meals
- Blood sugar less than 180 two hours after a meal

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LOW BLOOD SUGAR (HYPOGLYCEMIA)

SYMPTOMS:

- Shaking
- Fast Heartbeat
- Sweating
- Dizziness
- Anxious
- Hunger
- Impaired Vision
- Headache
- Weakness/Fatigue
- Irritable

1 WHAT YOU CAN DO Get something to eat/drink:

- Drink ½ glass of orange juice
OR
- ½ glass of regular soft drink
OR
- 1 glass of non-fat or 1% milk
OR
- Eat some hard candies
(not chocolate)

2 Recheck your blood sugar 15 minutes after you have treated your low blood sugar symptoms.

3 Then eat a ½ peanut butter or meat sandwich and ½ glass of milk.

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

SYMPTOMS:

- Extreme Thirst
- Frequent Urination
- Dry Skin
- Blurred Vision
- Drowsiness
- Decreased Healing

1 WHAT YOU CAN DO Retest your blood sugar. If greater than _____ for two random tests, call your doctor.

Doctor's telephone number:
