

Blood Glucose Goals

	ADA
Pre-meal Glucose	80-130 mg/dl
1-2 hours after eating	<180 mg/dl
A1C	<7%

ADA = American Diabetes Association*

Frequency of SMBG

DIET ONLY:

Initially: b.g. before breakfast or before dinner or 2 hours after meal

When stable: Alternate fasting b.g. with 2 hours after meal daily

When stable: 3 X per week

ORAL AGENTS:

Initially: pre-meal breakfast and dinner until normal

Then: pre-meal breakfast and random 2 hours after meals

When stable: 2 X daily, alternating pre-meal and 2 hours after meals

INSULIN:

Before each meal and at bedtime until stable, then consult your physician.

*Goals should be individualized.

Low blood sugar (Hypoglycemia)

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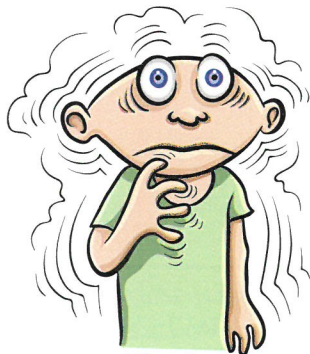
Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

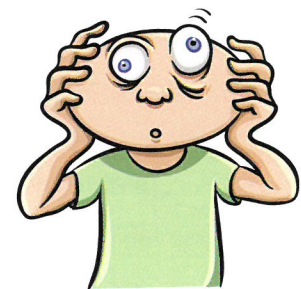
Here's what may happen when your blood sugar is low:



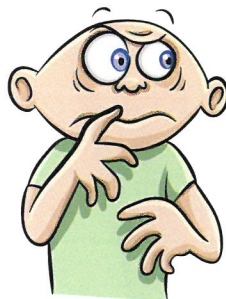
Shaky



Sweaty



Dizzy



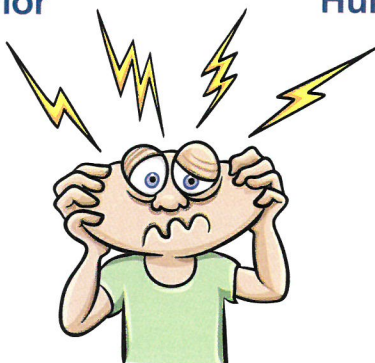
Sudden behavior change



Hungry



Weak or tired



Headache



Nervous or upset

If low blood sugar is not treated, it can become severe and cause you to pass out. If low blood sugar is a problem for you, talk to your doctor or diabetes care team.

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.

Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)

Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



For more information, visit
Cornerstones4Care.com

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High blood sugar (Hyperglycemia)

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Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

Signs & Symptoms

Here's what may happen when your blood sugar is high:



Very thirsty



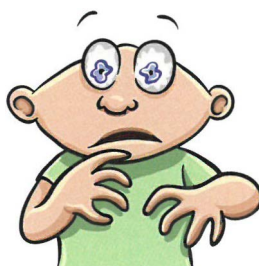
Needing to pass urine more than usual



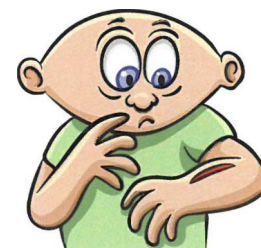
Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

For more information, visit Cornerstones4Care.com

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Alabama Household Sharps Disposal



Remember:

- Place needles, syringes, lancets and other sharp objects in a hard plastic container - such as a liquid soap, bleach or fabric-softener bottle, etc. - or metal container with a screw-on (or tightly secured) lid.
- **Do Not Use Glass Or Clear-Plastic Containers.**
- Reinforce the lid with heavy-duty tape and do not put sharp objects in any container that will be recycled or returned to a store.
- Mark the container “**Not for Recycling.**”
- Keep containers used to dispose of sharp objects out of the reach of young children and away from pets. These containers should be disposed of as frequently as other garbage.
- **Do Not label the bag or sharps container “medical waste” or “infectious waste” as these items only apply to waste generated by healthcare professionals.**
- Place in a bag that you can’t see through and dispose in the trash.

For information on handling and disposal of home medical waste, contact:

ADEM

Alabama Department of Environmental Management

Land Division – Environmental Services Branch

1400 Coliseum Boulevard

Montgomery, Alabama 36110-2059

(334) 271-7730

Source: <http://www.bddiabetes/page.aspx?cat=7001&id=62759>

For guidelines in other states, go to:

<http://www.bd.com/us/diabetes/page.aspx?cat=7001&id=10284>

SICK DAY GUIDELINES

Always take your insulin or diabetes pills, even if you cannot eat. Check with your physician to see if your insulin dosage needs adjustment.

Ask your physician or pharmacist whether any over-the-counter medications you plan to take will affect your blood glucose level or hypertension, as indicated.

If you have a fever, are vomiting, or have diarrhea, you may lose too much fluid. Try to drink a cup of a sugar-free, decaffeinated beverage each hour that you are awake.

Eat foods from your usual meal plan, choosing softer, easier-to-tolerate foods or fluids, as necessary. If you are unable to do this, you can replace the grams of carbohydrate in your normal meal with any of the foods or fluids listed below:

FRUIT

Choose one of these foods for every fruit on your meal plan (each item contains 15 grams of carbohydrate).

¾ cup regular ginger ale	1 ½ cup Gatorade
1/3 cup grape juice	½ cup Kool-Aid
1/3 cup cranberry juice	½ cup Lemonade
3 tsp. syrup or sugar	½ cup 7-up
Popsicle (1 single bar or ½ of a twin bar)	½ cup apple juice

MILK

Choose one of these foods for every milk listed on your meal plan (each item contains 12 grams of carbohydrate).

1 cup milk	½ cup regular cocoa	¼ cup custard
1/3 cup tapioca pudding	¾ cup cream soup	

STARCH

Choose one of these foods for every starch on your meal plan (each item contains 15 grams of carbohydrate).

¼ cup regular pudding	½ cup cooked cereal
½ cup ice cream	¼ cup sherbet
1 cup cream soup	1/3 cup regular gelatin
1 cup chicken noodle soup	6 saltine crackers

A clear liquid diet may be suggested. This includes fat-free broth, consommé, and foods from the fruit list. You may need more frequent servings spaced over the course of a day. Do not have milk, milk products, or solid foods while you are on a clear liquid diet. If you tolerate clear liquids, advance to food choices listed in the milk and starch food list.

Test your blood glucose every 2-4 hours.

Test your urine for ketones every 2-4 hours if:

- You have Type 1 diabetes
- If your blood glucose is over 240 mg/dl
- If you are vomiting or have other symptoms* of possible ketoacidosis. These symptoms may include:
 - 1) feeling more hungry and thirsty than usual
 - 2) having to urinate more often than usual
 - 3) having nausea or vomiting
 - 4) having a fruity smell to your breath
 - 5) having a fever
 - 6) breathing fast and deep
 - 7) having stomach pain

Call your doctor immediately if you have a blood glucose over 240 mg/dl AND you have moderate or large ketones in your urine. If you are unable to reach your doctor, get someone to bring you to the nearest emergency room immediately. Those close to you should be aware of these symptoms, as they are often mistaken for the flu.

Contact your doctor if any of the following occur:

Blood glucose reaches a pre-determined "call-in" value

Extreme thirst/dehydration

Vomiting more than twice

Intense abdominal pain

Shortness of breath

Persistent diarrhea (more than 6 hours)

Fever greater than 101 degrees

Blood glucose of approximately 250 mg/dl for 8 hours.

If you take insulin (particularly Type 1 patients) and are sick enough to contact the doctor, please ask to be seen by your doctor that same day.

What to tell the doctor when you call:

Your blood sugar level and urine ketone results, starting when you first realized you were ill.

What insulin dose or diabetes pills you have taken and when you took them.

Other medications you have taken. How well you can take food or fluids.

How long you have been ill. If you have lost weight while sick.

Any other symptoms you may have. Your temperature.

Your pharmacist's phone number.

Community Resources List

(Help for people with diabetes)

Doctors' Offices

*Mobile County Health Department
251 N. Bayou St. 690-8158

Victory Health Partners (for working people without insurance): 3750 Professional Parkway 460-0999

Stanton Rd. Clinic
575 Stanton Rd. 471-7207

*Franklin Primary Health Centers (Internal Medicine & Family Medicine)

Franklin Medical Mall 432-4117
Maysville Medical Center 432-4117
Albert Thomas Family Med. Ctr. 432-4117
Aiello Buskey -Pritchard Medical Center 432-4117

Dental Care

Franklin Medical Mall 432-4117
Mobile County Health Department 690-8158

Prescriptions

Franklin Primary Health Centers 432-4117
Ozanam Charitable Pharmacy 432-4111
www.needymeds.org

Eye Care

Franklin Medical Mall 432-4117
Community Services for Vision Rehab 476-4744

Homeless – medical, dental, vision care and medicines

H. E. Savage Memorial Center (HealthCare for the Homeless) 694-1801
1201 Springhill Ave.

Springhill Medical Center:

Physician Referral Service 3719 Dauphin St. 460-5207

Smoking Cessation Program 3715 Dauphin St., Heart Center 461-2438

Senior Services:

Area Agency on Aging 110 Beaugard St. 706-4680
Senior Citizen Centers: 1717 Dauphin St 478-3311
3201 Hillcrest Rd. 602-4963
5863 Nevius Rd. 661-6600

American Diabetes Association: 12385 Sorrento Road, Suite A-2 (850) 492-6100
Pensacola, FL 32507

Local Suppliers:

Springhill Pharmacy 3715 Dauphin St., MOB #2 410-3870

Site: www.cdc.gov/diabetes/ndep

Organization: National Diabetes Education Program (NDEP), National Institutes of Health and Centers for Disease Control and Prevention

Features: NDEP resources help reduce the burden of diabetes and prediabetes by providing culturally appropriate diabetes education resources for a range of individuals and groups, such as ethnic minorities, hard-to-reach populations, community-based organizations, faith-based organizations, and healthcare providers.

Site: www.diabetes.org

Organization: American Diabetes Association (ADA)

Features: ADA provides millions of dollars of funds for diabetes research and continues their mission to improve the lives of people with diabetes. ADA also provides many useful resources on their website, on topics such as *Diabetes*, *Nutrition*, *Fitness*, and *Community* (includes an on-line community link). Check out www.ShopDiabetes.org to find helpful books for managing diabetes.

Site: www.dlife.com

Name: DLife

Features: DLife is an online community site which can provide practical solutions to the 24/7 challenge of managing diabetes. You may browse recipes and read about healthy eating.

Site: www.nfb.org – diabetes – Site has information about vision loss

Organization: The Diabetes Action Network/National Federation of the Blind

Features: The National Federation of the Blind distributes many different newspapers, magazines, newsletters, and books to the public. This site is geared toward people with diabetes who have lost, or are losing their vision. The website includes links to aids, appliances, and other vision-impaired services in its products and technology section.

Site: www.eatright.org

Organization: Academy of Nutrition and Dietetics

Features: This is an invaluable resource for all things diet-related. It offers features such as how to eat a more healthful diet one step at a time, recipes, and food preparation tips. The information offered is for the general public, as well as for people with diabetes.

Revised 3/5/20