**Blood Glucose Goals**

<table>
<thead>
<tr>
<th>ADA</th>
<th></th>
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<tbody>
<tr>
<td>Pre-meal Glucose</td>
<td>80-130 mg/dl</td>
</tr>
<tr>
<td>1-2 hours after eating</td>
<td>&lt;180 mg/dl</td>
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<tr>
<td>A1C</td>
<td>&lt;7%</td>
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</tbody>
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ADA = American Diabetes Association*

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**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)

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.
High blood sugar (Hyperglycemia)

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

What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don’t know why.

Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

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


For guidelines in other states, go to:
**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
- 1/3 cup grape juice
- 1/3 cup cranberry juice
- 3 tsp. syrup or sugar
- Popsicle (1 single bar or ½ of a twin bar)

  1 ½ cup Gatorade
  ½ cup Kool-Aid
  ½ cup Lemonade
  ½ cup 7-up
  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
- 1/3 cup tapioca pudding

  ½ cup regular cocoa
  ¼ cup cream soup
  ¼ cup custard

**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 ice cream
- 1 cup cream soup
- 1 cup chicken noodle soup

  ½ cup cooked cereal
  ¼ cup sherbet
  1/3 cup regular gelatin
  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
- Intense abdominal pain
- Persistent diarrhea (more than 6 hours)
- Blood glucose of approximately 250 mg/dl for 8 hours

Vomiting more than twice

- Shortness of breath
- Fever greater than 101 degrees

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 long you have been ill.
- Any other symptoms you may have.
- Your pharmacist’s phone number.
- How well you can take food or fluids.
- If you have lost weight while sick.
- Your temperature.
## 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
    1303 Dr. MLK Jr. Ave. 432-4117  
  - Maysville Medical Center
    1956 Duval Street 432-4117  
  - Albert Thomas Family Med. Ctr.
    510 S. Wilson Ave. 432-4117  
  - Aiello Buskey - Prichard Medical Center
    424 S. Wilson Ave. 432-4117

### Dental Care
- Franklin Medical Mall
  1303 Dr. MLK Jr. Ave. 432-4117  
- Mobile County Health Department
  251 N. Bayou St. 690-8158

### Prescriptions
- Franklin Primary Health Centers
  1303 Dr. MLK Jr. Ave. 432-4117  
- Ozanam Charitable Pharmacy
  109 S. Cedar St. 432-4111
- [www.needymeds.org](http://www.needymeds.org)

### Eye Care
- Franklin Medical Mall
  1303 Dr. MLK Jr. Ave. 432-4117  
- Community Services for Vision Rehab
  600 Bel Air Blvd., Ste. 110 476-4744

### Homeless – medical, dental, vision care and medicines
- **H. E. Savage Memorial Center (HealthCare for the Homeless)**
  1201 Springhill Ave. 694-1801
**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 Beauregard 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 Pensacola, FL 32507 (850) 492-6100

**Local Suppliers:**

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

Site: [www.cdc.gov/diabetes/ndep](http://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](http://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](http://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 healthy 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