

# Diabetes Zones

Do these  
EVERY DAY:



- ✓ Take ALL medications as prescribed.
- ✓ Eat a balanced diet of the five food groups (fruits, vegetables, proteins, grains, and dairy) spread throughout the day; DON'T SKIP MEALS!
- ✓ Do your normal activities and/or follow your exercise program as able.
- ✓ Test and control your blood sugar as ordered.



## ● ALL CLEAR—This zone is your goal

**You do not have symptoms or they are mild**

- ✓ Your blood sugar is in the recommended range of less than \_\_\_\_\_ or greater than \_\_\_\_\_, per your doctor
- ✓ You DO NOT have symptoms of high or low blood sugar outside of your range



## ● CAUTION—This zone is a warning zone

**Call your Nascentia nurse first at 315-477-4663 with these symptoms**

- ✓ Your blood sugar is under 70, with shaking, sweating, nervousness, hunger, and dizziness, and does not come up with increased carbohydrate intake (juice, milk, glucose gel, or tablets).
- ✓ Blood glucose is over 200 on 3 tests in a row.
- ✓ Vomiting or diarrhea lasts for more than 6 hours.
- ✓ **Are you feeling blue? (Uneasy, anxious, fearful and know something is not right)**



## ● EMERGENCY

**Go to the emergency room (do not drive yourself) or call 911**

- ✓ Your blood glucose is under 50
- ✓ Unable to focus, drowsy, or cannot think clearly (Caregiver observes increased confusion)
- ✓ You have difficulty speaking or slur words

Nurse:

Phone: ( )

PCP:

Phone: ( )

Diabetes Doctor:

Phone: ( )