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: [ ]
PCP: [ ]
Diabetes Doctor: [ ]