

# My Diabetic Action Plan



My provider's name and number: \_\_\_\_\_

After clinic hours contact number: \_\_\_\_\_

My nurse's name and number: \_\_\_\_\_

	DETAILS	MY ACTION PLAN
<p><b>&gt; Diabetic Medications</b> Take medications as directed to obtain target blood sugars and decrease risk of complications.</p>	<p>Keep an updated medication list.</p>	<p><input type="radio"/> I will take my medications as directed by my provider.</p>
<p><b>&gt; Diabetic Testing</b> Test blood sugars as directed to obtain target blood sugars and decrease risk of complications. High blood sugars can cause problems with your eyes. It is important to see an eye care provider every year.</p>	<p>Target blood sugars: Fasting _____ Before Meals _____ After Meals _____ Bedtime _____ A diabetic eye exam can stop damage to your eye and prevent blindness.</p>	<p><input type="radio"/> I will check my blood sugars: <input type="radio"/> Fasting <input type="radio"/> Before meals: Breakfast, Lunch, Dinner <input type="radio"/> After meals: Breakfast, Lunch, Dinner <input type="radio"/> Bedtime <input type="radio"/> I will have my HbA1C checked every _____ month(s). <input type="radio"/> I will have my diabetic eye exam every year unless directed differently by my provider.</p>
<p><b>&gt; Diet</b> Eat at regular times, choose healthy and moderate portions.</p>	<p>Choose more: fruits, vegetables, whole grains, high fiber foods and fish. Choose less: high fat foods, processed foods, red meats and high sugar foods.</p>	<p>My diet plan is:</p>
<p><b>&gt; Exercise</b> Exercise can improve blood sugars, decrease the risk of heart disease and stroke.</p>	<p>It is important to know how your body responds to exercise. You should check your blood sugar prior, during and after a new exercise routine. If blood sugar is <b>&gt; 240</b> do not exercise. If blood sugar <b>&lt; 100</b> take 15 grams of carbohydrates prior to exercise.</p>	<p>My exercise plan is:</p> <p><input type="radio"/> I will check my blood sugar prior to exercise. <input type="radio"/> I will check my blood sugar every 30 minutes into a new exercise routine or when I have symptoms of a low blood sugar. <input type="radio"/> I will check my blood sugar after exercise.</p>
<p><b>&gt; Low Blood Sugar</b> A low blood sugar can cause: headache, sweating, shakiness, blurry vision, confusion and tiredness.</p>	<p>Treat blood sugar &lt; 70 with a fast-acting carbohydrate. Each of the following options has 15 grams of fast-acting carbohydrates:</p> <ul style="list-style-type: none"> <li>• ½ cup juice</li> <li>• 3 glucose tablets</li> <li>• ½ cup non-diet soda</li> <li>• 1 tablespoon sugar</li> </ul>	<p><input type="radio"/> If my blood sugar is &lt;70, I will eat or drink something with 15 grams of carbohydrates. <input type="radio"/> I will recheck my blood sugar in 15 minutes. <input type="radio"/> If my blood sugar is still &lt;70, I will eat or drink another snack with 15 grams of carbohydrates.</p>
<p><b>&gt; High Blood Sugar</b> A high blood sugar can cause: feeling thirsty, going to the bathroom more frequently, blurry vision and tiredness.</p>	<p>Blood sugars <b>&gt; 500</b> are considered a medical emergency.</p>	<p><input type="radio"/> If my blood sugar is over _____, I will call the office.</p>
<p><b>&gt; Sick Days</b> Sick days can cause blood sugars to be difficult to control.</p>	<p>If unable to eat, drink 15 grams of carbohydrates as directed by provider. Each of the following have 15 grams of carbohydrates:</p> <ul style="list-style-type: none"> <li>• ½ cup juice</li> <li>• 1 cup skim milk</li> <li>• ½ cup non-diet soda</li> <li>• 1 cup Gatorade</li> </ul>	<p><input type="radio"/> I will take medications as prescribed. <input type="radio"/> I will drink lots of water. <input type="radio"/> I will check my blood sugar every _____ hours when I am sick. <input type="radio"/> If I am unable to eat, I will drink 15 grams of carbohydrates every _____ hours.</p>