

Managing my Diabetes at Home



The guidelines below are general and may vary based on collaboration with your physician

Goals for Everyday

- Your blood sugar range is 80 – 130 in the morning
- Blood sugar less than 180 two (2) hours after eating
- No signs of low or high blood sugar

Physician Phone Number:

Care Manager Phone Number:

Diabetes Care Specialist:
301-790-8418

Green Zone – Great Control

- Average blood sugars typically under 150
- Most fasting blood sugars under 130
- No blood sugar under 70
- A1C equal or less than 7%
- No sores on body or feet

What the Green Zone Means:

- Your blood sugars are under control
- Continue taking your medication as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

Yellow Zone – Caution

Work closely with your health care team if you are going into the **YELLOW** zone

- Blood sugar greater than 130 in AM
- Blood sugar average greater than 180
- Repeated blood sugars above 200
- Low blood sugar less than 70 without a known reason
- A1C greater than 8%
- Changes in your feet or skin such as: cuts, open sores, red areas or blisters

What the Yellow Zone Means:

- Your blood sugar may indicate that you need an adjustment of your medications

Suggestions for Change:

- Improve your eating habits
- Increase your activity level
- Take medications as ordered
- Look for causes of high blood sugar such as:
 - Missed or expired medication
 - Expired test strips
 - Too many carbohydrates
- Return to the MDE* or attend formalized diabetes education

Call your physician, nurse, care manager or diabetes educator if changes in your activity level or eating habits do not decrease your fasting blood glucose levels and your daily blood sugars are not in target

Red Zone – Stop and Think

Call your physician if you are going into the **RED** zone!

- Nausea and vomiting
- Shortness of breath
- Fruity breath
- Increased thirst
- Frequent urination
- Increased hunger
- Blurred vision
- Fatigue
- Blood sugar greater than 300 and not coming down

What the Red Zone Means:

- You need evaluated by a physician right away

Suggestions for Change:

- Drink sugar free fluids
- Test your blood sugar every 4 hours
- Take your medications

If you are unable to contact your physician immediately, seek emergency care or call 911

*MDE = Meritus Diabetes Education

The guidelines above are taken from the American Diabetes Association in collaboration with the Meritus Diabetes Education (MDE).

My diabetic medications:

Name	Dose	When I take It	Special Instructions

If your symptoms are worse (Yellow Zone) you need to call your doctor. Tell the office staff you have Diabetes and your action plan says you need to call and make an appointment as soon as possible.