

DIABETES

Daily Self Check

Please follow the guide below to help monitor your health and determine if and when you should contact your provider. If you are ever in doubt, please call your provider or 911 for immediate assistance.

Green Zone CONTINUE DAILY ROUTINE



Blood sugars are in normal range



Weight is normal



Appetite is normal

Instructions:

Continue healthy diet



Continue daily activities



Keep follow up appointments



Continue to monitor your blood sugar as directed



Perform regular foot and skin checks



Yellow Zone CAUTION! CHECK WITH YOUR CARE PROVIDER



Elevated blood sugars



Numbness, tingling or pain in hands and feet



Excess thirst



Frequent urination



Yeast infections or itching in areas like under breasts or in armpits



Excess hunger

Instructions: **Call your care provider today to report changes.**



You may need a change in your medications or you may need to be seen by your care provider.

Red Zone WARNING! TAKE ACTION - GO TO THE EMERGENCY DEPARTMENT



Extremely high/low blood sugars



Extreme fatigue and/or confusion



Dizziness, lightheadedness, nausea, vomiting or diarrhea



Blurry vision, trouble reading or trouble seeing at night.



See a care provider today or go to the emergency department!