



Diabetes

Diabetes management involves medicines, food choices, activity, monitoring, and knowing the warning signs of blood sugar that is too low or too high.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Follow Your Diabetes Plan

- Take insulin and other diabetes medicines exactly as prescribed.
- Check and record your blood glucose at the times ordered for you. Use the target range provided by your healthcare provider.
- Follow your individualized meal plan and activity recommendations.

Low Blood Sugar

- Possible symptoms include shakiness, sweating, hunger, dizziness, irritability, weakness, confusion, or a fast heartbeat.
- Follow the low-blood-sugar treatment plan your healthcare provider has given you. If the person is unconscious, having a seizure, or unable to swallow safely, call 911 and do not give food or drink by mouth.

High Blood Sugar

- Possible symptoms include increased thirst, frequent urination, fatigue, blurred vision, or other changes.
- Follow your provider's instructions for high readings and contact your healthcare team when readings or symptoms meet the limits in your personal diabetes plan.

Protect Your Feet

- Check your feet regularly for cuts, blisters, redness, swelling, or sores and report problems promptly.
- Wear properly fitting footwear and follow any foot-care instructions from your healthcare provider.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.