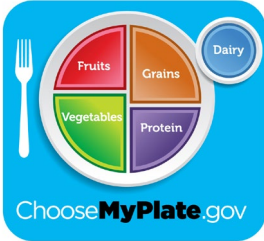






Managing Your Diabetes When You Leave the Hospital

Follow these guidelines until you are seen by a diabetes educator.

| Healthful Eating | Diabetes Medicines | Blood Glucose Testing | High and Low Blood Glucose | When to Call Your Doctor |
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| <ul style="list-style-type: none"> ■ Eat 3 meals at the same times each day. ■ Eat a variety of foods, including 3 to 4 servings of carbohydrate foods at each meal. ■ Examples of carbohydrate foods: <ul style="list-style-type: none"> — 1 slice bread — 1 piece of fruit — 8 ounces of milk — 1/3 cup pasta or rice — 1/2 cup starchy vegetable (potatoes, corn, peas) ■ Don't skip meals. ■ One to two small snacks each day are OK, if desired.  <p>ChooseMyPlate.gov</p>  |  <ul style="list-style-type: none"> ■ Take your diabetes pills or insulin each day as directed. ■ Important things to know about your medicine: <ul style="list-style-type: none"> — name and amount to take — when to take them — how they work — side effects — special warnings. ■ Keep taking your diabetes medicine(s) even if you are sick. ■ Keep a list of your medicines with you at all times. | <ul style="list-style-type: none"> ■ Know your target blood glucose range. General guidelines: <ul style="list-style-type: none"> — Before meals: 80 to 130 mg/dL — Two hours after meals: 160 to 180 mg/dL — At bedtime: 100 to 140 mg/dL ■ Check your blood glucose 3 times each day, or 4 times each day if on insulin. Write your numbers in a record book. ■ Bring your blood glucose meter and record book to all doctor and education appointments. ■ Your last A1c result: date: _____ value: _____ ■ Your A1c goal: _____  | <ul style="list-style-type: none"> ■ Know the symptoms of high and low blood glucose and how to treat them. ■ Hyperglycemia (high blood glucose) is when your blood glucose is higher than 180 mg/dL ■ Hypoglycemia (low blood glucose) is when your blood glucose is below 70 mg/dL <ul style="list-style-type: none"> — Always carry a fast-acting carbohydrate like glucose tablets to treat low blood glucose. |  <p>Call your doctor if:</p> <ul style="list-style-type: none"> ■ your blood glucose is greater than 250 mg/dL for 2 to 3 days or 2 times in 1 day ■ your blood glucose is lower than 70 mg/dL 2 times in 1 day or 2 days in a row ■ you have questions about your blood glucose level ■ you have vomiting or diarrhea that lasts more than 6 hours or you are sick for more than 24 to 48 hours. <p>allinahealth.org</p> |
| <p>See a diabetes educator 1 to 2 weeks after you leave the hospital:</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><input type="checkbox"/> Your diabetes education appointment:</p> <p>Date: _____</p> <p>Time: _____ a.m. / p.m.</p> <p>Location: _____</p> </div> <div style="width: 45%;"> <p><input type="checkbox"/> Schedule an appointment with a diabetes educator at your clinic within 1 week after you leave the hospital.</p> </div> </div> | | | | |