

Hypoglycemia Treatment

Your blood sugar is too low. Treat low blood glucose with 15 grams of carbohydrates every 15 minutes until glucose level is over 90.
A low blood glucose is defined as a glucose below 70. There are 15 grams of carbohydrate in ½ cup of juice or 1 cup of milk.

Hyperglycemia treatment

Your blood sugar is elevated. Call your health care team if you feel ill. Be sure to take your medication, watch you food choices and portion sizes, and drink plenty of fluids.

Frequent Problems

You are having frequent high or low blood sugar readings or symptoms; consider calling your diabetes health care team.

Fasting Glucose readings

Fasting blood sugar readings give information on your diabetes trend. Please do some fasting blood sugar readings to help check on how well your diabetes is being controlled.

Trend Summary

The goal range for your average blood sugar is 90-130
Your blood sugar average is: <state patient's glucose average>

Improving Trend

1. Your blood sugar is better, at this rate you will get to goal
2. Your current trend makes you healthier
3. You are getting closer to your blood sugar goal of 90-130.
4. As you continue toward you goal, you will be healthier and less prone to diabetes complications.

At Goal

1. Keep up the good work
2. All your effort is keeping you right where you need to be.
3. All your efforts are paying off, and helping you avoid complications of diabetes
4. Null
5. Null

Stable Trend above Goal

1. Regular exercise above you normal daily activity, can lower your blood sugar, blood pressure, cholesterol, as well as improve your mood.
2. When planning your meals, smaller portion sizes can improve your blood sugar.
3. A healthy meal plan has limited snacking
4. Eating a healthy breakfast can help control your appetite throughout the day.
5. Because you are above goal, your medications or your self-management plan might need adjustment

Worsening Trend

1. Exercise is a good way to control your blood sugar and improve your cardiovascular health.
2. Moderate exercise is a type of activity that raises your heart rate. A brisk walk is a good example of moderate exercise.
3. If you have question about ways to improve blood sugar and diabetes control, contact your health care team.
4. Your current trend will increase your risks of complications, but with improved self-management habits, you can control your diabetes and decrease your risk of complications.

After Exercise

1. Your goal should be about 90-130, 30 mins after exercise
 - A. Exercise can cause a rise in your glucose right after exercise.
 - B. Exercise lowers your long-term blood sugar trends
 - C. Exercise improves your fitness and your mood
 - D. Exercise lowers your blood pressure
 - E. Exercise lowers your blood cholesterol and triglycerides
 - F. Keep up the good work

Random Glucose

1. Your goal is 90-130 if 4 hours since last food.
 - A. Be sure to be active
 - B. Exercise 30 mins, 5 days per week is a good goal
- C. Moderate exercise is an activity that increases your heart rate up
- D. Brisk walk is an example of moderate exercise

Two hours after eating

1. Goal is 180 or less.
 - A. Use this blood sugar result to adjust your portion sizes.
 - B. Use this blood sugar result to review your dietary choices.

Too Soon after Eating

1. Blood sugar results too soon after eating can be variable and are difficult to associate with overall diabetes control .
 2. There is no goal established for this time.
3. To assess impact of food portion and choice on blood sugar, check blood sugar 2 hours after eating.