

Blood Sugar Zones

Patient Name _____

Primary Care Provider _____ Phone _____

What are my blood sugars?	What should I do?				
<p>Green Zone: Excellent Control</p> <ul style="list-style-type: none"> • Before breakfast, lunch and dinner: 70-130 • Two hours after a meal: Less than 180 • Bedtime: 100-150 mgs/dl 	<p>Your blood sugars are in good control:</p> <ul style="list-style-type: none"> • Continue taking blood sugar readings • Continue taking your medications • Continue to follow healthy eating habits and physical activity • Keep all your provider appointments 				
<p>Yellow Zone: Caution</p> <p>Blood sugars before meals are running between 130-200 for 3-5 days in one week</p>	<p>Your blood sugars are beginning to show problems with control:</p> <ul style="list-style-type: none"> • Continue taking blood sugar readings • Continue taking your medications • Continue to follow healthy eating habits and physical activity • Keep all your provider appointments • Discuss treatment plan with provider 				
<p>Red Zone: Danger</p> <p>High</p> <ul style="list-style-type: none"> • Blood sugars before meals are running over 200 for 3-5 days in one week <table border="1" data-bbox="94 1192 784 1486"> <tr> <td data-bbox="94 1192 459 1486"> <p>Symptoms include:</p> <ul style="list-style-type: none"> • very thirsty • very hungry • need to urinate (go to the bathroom) often </td> <td data-bbox="459 1192 784 1486"> <ul style="list-style-type: none"> • more tired than usual • blurred vision • dry skin • nausea • sores and cuts that are slow to heal </td> </tr> </table> <p>Low</p> <ul style="list-style-type: none"> • Blood sugars are less than 70 <table border="1" data-bbox="94 1570 784 2001"> <tr> <td data-bbox="94 1570 459 2001"> <p>Symptoms include:</p> <ul style="list-style-type: none"> • blurry vision • shaky • more tired than usual • fast heartbeat </td> <td data-bbox="459 1570 784 2001"> <ul style="list-style-type: none"> • sweaty • headache • irritable, angry • anxious, nervous </td> </tr> </table>	<p>Symptoms include:</p> <ul style="list-style-type: none"> • very thirsty • very hungry • need to urinate (go to the bathroom) often 	<ul style="list-style-type: none"> • more tired than usual • blurred vision • dry skin • nausea • sores and cuts that are slow to heal 	<p>Symptoms include:</p> <ul style="list-style-type: none"> • blurry vision • shaky • more tired than usual • fast heartbeat 	<ul style="list-style-type: none"> • sweaty • headache • irritable, angry • anxious, nervous 	<p>Your blood sugars are out of control:</p> <p>High</p> <ul style="list-style-type: none"> • Follow your diabetes plan and call your health care provider <p>Low</p> <ul style="list-style-type: none"> • Recheck your blood sugar 15 minutes after taking 15 grams of a carbohydrate such as 3-4 glucose tabs/gel, 1 cup of fat free milk, 1 tbs. honey, 6-8 hard candies (not chocolate or sugar-free candy) or 1/2 cup juice or regular soda • If your blood sugar is still less than 70, eat another 15 grams of carbohydrates every 15 minutes until sugar is over 70 • If your blood sugar is still less than 70 after eating carbohydrates three times, call your primary care provider • If patient becomes nonresponsive, call 9-1-1
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