

Here are some important tips to control your diabetes when you go home:

Blood Glucose Testing

- **If you are on insulin**, test before each meal, at bedtime and record your results. **If you are on oral diabetes medication**, test before breakfast and before dinner, or as directed by your doctor. Bring the record to your doctor's appointment.
- The target glucose range for most people is **80 to 130 before meals** and **less than 180 at two hours after a meal** (American Diabetes Association Guidelines) Ask your doctor what your goal should be.
- Consider using a **Continuous Glucose Monitor (CGM)**. These devices track your glucose continuously. You can view results on your phone. Ask your provider if a CGM is right for you. You will need a prescription to obtain one.

Hemoglobin A1C (HBA1C)

- This test shows your average glucose over the past 2 to 3 months.
- The goal for HBA1C is **7% or less**.
- Your recent HBA1C was: _____.
- Talk to your doctor about scheduling another HBA1C in 3 months.

Medication or Insulin

- Take your diabetes medication or insulin as prescribed. This will help keep your glucose in control.

How to Prevent Low Blood Glucose (Hypoglycemia)

- Eat meals on time.
- Take your medication or insulin every day as prescribed by your doctor.
- Always carry some carbohydrate source with you to treat low blood glucose. Examples are: 3 to 4 glucose tablets, ½ cup of juice (such as a juice box), glucose gel, or 5 to 6 Lifesavers™.

Meal Planning

- Follow a healthy, carbohydrate controlled diet, as suggested by the dietitian or doctor.
You should have _____ carbohydrates per meal.
- If you would like to see a dietitian after discharge, ask your doctor for a referral.

Follow-up appointments

- Make an appointment to see your doctor after discharge.
- If you have further questions about your diabetes, ask your doctor for a referral to a diabetes educator or class.
- Ask your doctor if you need to see a foot doctor or eye doctor.
- If you use an insulin pump, know your back up plan. Always carry supplies with you in case the pump is not working.

When to Call Your Doctor

- Signs of hyperglycemia (high glucose) are increased thirst, increased urination, and feeling tired. If you have signs of high glucose, check your glucose.
- If your glucose is **over 300 for 2 tests in a row** (at least one hour apart) or if your glucose is **over 200 for several days** in a row.
- If you have type 1 diabetes, if your glucose is **over 250**, check your urine for ketones.
- If your test is positive for ketones, call your doctor right away.
- If you have a temperature **over 101 degrees**.
- If you have vomiting or diarrhea that does not go away in a couple of hours.
- If you have a sore that is not healing, or if the sore appears reddened, discolored, swollen, has drainage, or is warm to the touch.
- Call your doctor's office to get a refill before you run out of medication of insulin.

Wear a medical bracelet or necklace that states you have diabetes.

Include a person to call in case of an emergency.

References/Resources:

www.BannerHealth.com/DiabetesGuide

www.BannerHealth.com/DiabetesApp

American Diabetes Care and Education. (2023). Cornell, S., Miller, D., & Urbanski, P. The Art and Science of Diabetes Care and Education, 6th Edition, Chapter 12: Transitional Care.

American Diabetes Association Standards of Medical Care in Diabetes- 2024. Diabetes Care in the Hospital: Standards of Medical Care in Diabetes. Transition from the Hospital to the Ambulatory Setting S302-S303.

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.