

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**. Ask your doctor what your goal should be.

Hemoglobin A1C (HBA1C)

- This test shows your average glucose over the past 2 to 3 months.
- 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.

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 or insulin.

***Wear a medical bracelet or necklace that states you have diabetes.
Include a person to call in case of an emergency.***

More information: [bannerhealth.com/diabetesguide](https://www.bannerhealth.com/diabetesguide)

References:

- Banner Health Hospital Medicine Clinical Consensus Group (May 2021)
- American Association of Diabetes Educators. (2014). Discharge Planning: Transition to Outpatient Care. Diabetes Self-Management Education Desk Reference, 343-349.
- American Diabetes Association Standards of Medical Care in Diabetes. (2018). Diabetes Care in the Hospital: Standards of Medical Care in Diabetes. Transition from the Acute Care Setting, S149-S150.

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