

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Self-Care Tips

- Monitor blood sugar levels as recommended by your nurse or doctor
- Take insulin or oral medications as prescribed
- Maintain a healthy lifestyle with diet and exercise
- Balance daily carbohydrate/protein/fat intake
- Manage or eliminate stresses through lifestyle changes

Symptoms of High Blood Sugar

- Extreme thirst
- Need to urinate often
- Increased appetite
- Nausea
- Blurry vision
- drowsiness
- Weakness
- Dizziness
- flushed, dry, itchy skin

Symptoms of Low Blood Sugar

- Rapid heartbeat
- Shaking
- Numbness
- Weakness
- Confusion/disorientation
- Cold skin
- Fatigue
- Hunger
- Sweating
- Blurred vision
- Irritability

For low blood sugar symptoms give client simple carbohydrates (sugar, honey, candy, regular soda, juice)

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.