

DIABETES

Patient Action Plan

Update and discuss annually with your physician.

Patient Name: _____

Date: _____

Physician: _____

Phone: _____

Emergency Contact: _____

Phone: _____

Diabetes Medications

Name	How Much to Take	When to Take

Monitoring

Monitor your blood glucose _____ times/day.

If your blood glucose is above _____ or below _____, call your physician.

If you experience any of the symptoms below, your blood glucose may be low. Check your blood sugar.

- Shaking
- Fast Heartbeat
- Sweating
- Anxiousness
- Dizziness
- Hunger
- Headache
- Irritability
- Impaired Vision
- Weakness
- Fatigue

If your blood glucose is lower than 70 mg/dL*:

- Eat something with glucose in it (hard candy, sugar-sweetened soda, orange juice, or glass of milk).
- Have a snack (eg, 1/2 a sandwich) if the next meal is more than 30 minutes away.
- _____
- _____

If you experience any of the symptoms below, your blood glucose may be high. Check your blood sugar.

- Extreme Thirst
- Frequent Urination
- Hunger
- Dry Skin
- Blurred Vision
- Drowsiness
- Nausea

If your blood glucose is higher than 240 mg/dL*:

- Check your urine for ketones; if positive:

- Medications: _____
- Diet: _____
- Exercise: _____

*Values consistent with American Diabetes Association recommendations. Specific values should be established for each patient.

Provided as an educational resource by Merck



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Exercise

- _____ times per week
- _____ minutes/session
- Target heart rate _____

Diet/Nutrition

- _____ calories/day
- _____ grams carbohydrates/day

Reminders

- Examine your feet daily for scrapes, cuts, bruises, etc. Report any of these or changes in feeling or sensation to your physician.
- Your next A1C test should be performed on:

_____ DATE

- The next time you need an eye exam is:

_____ DATE

- Your next microalbuminuria/kidney function test is:

_____ DATE

When you are ill... Sick Day Management

- Continue taking your diabetes medication
- Check your blood glucose every 3 to 4 hours
- Check urine for ketones if blood glucose is 240 mg/dL or higher
- Drink plenty of liquids
- Eat regularly (soup, toast, and juice are good choices if your stomach is upset)
- Call the physician if _____

Questions

To ask your doctor on your next visit: _____

Signatures:

Patient

Physician

