Diabetes Management Tips

Blood sugar testing

1. Wash and dry hands thoroughly.
2. Set lancet by cocking into position.
3. Put test strip into meter.
4. Prick side of finger and apply pressure to draw blood.
5. Wait for finger prompt on meter and then take blood.
6. Touch edge of strip to blood drop.
7. Note blood sugar reading and time.

If the meter shows an error code, that means there has been an error and blood should be taken again using another test strip.

Hypoglycemia: low blood sugar

Symptoms of hypoglycemia include:
- Shakiness
- Fast heartbeat
- Sweating
- Dizziness
- Anxiety
- Hunger
- Blurry vision
- Weakness or fatigue
- Headache
- Irritability

Hypoglycemia often comes on suddenly and may lead to fainting if not treated.

Causes: Too little food; skipped meal; too much insulin; more activity than usual; vomiting

Take action:
- Check your blood sugar. If you can’t check, treat anyway
- Treat by eating three to four glucose (sugar) tablets or by drinking 4 ounces of fruit juice or half a can of regular soda.
- Check your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don’t stop, call your healthcare provider.

Hyperglycemia: high blood sugar

Symptoms of hyperglycemia include:
- Vomiting
- Extreme thirst
- Need to urinate often
- Dry skin
- Hunger
- Blurry vision
- Drowsiness
- Yeast infection

Hyperglycemia often starts slowly, but it may lead to a medical emergency if not treated.

Causes: Too much food; too little insulin; illness or stress

Take action:
- Check your blood sugar regularly.
- Check ketones if blood sugar levels are higher than 300.
- If your blood sugar levels are higher than 240 three times in one day, call your diabetes provider.
- Vomiting
- Extreme thirst
- Need to urinate often
- Dry skin
- Hunger
- Blurry vision
- Drowsiness
- Yeast infection

Sick-day checklist

- Have the following items available for sick-day use:
  - Phone numbers for your doctor, diabetes educator and dietitian
  - Easy-to-eat foods, such as gelatin, applesauce or soup
  - Carbohydrate-containing liquids, such as non-diet soft drinks
- Do not stop taking insulin before consulting your physician.
- Try to eat as you normally do; substitute easy-to-eat foods as necessary.
- Drink plenty of fluids.
- Monitor your blood sugar every two to four hours.
- Monitor your urine ketone levels every three to four hours.
- Refer to urine ketone reading indications.
- Call your doctor or other healthcare professional when you experience:
  - Illness that lasts longer than a day
  - Nausea or vomiting
  - Stomach pain
  - Persistent diarrhea
  - High blood sugar or moderate to large urine ketone levels
  - Fever higher than 100°F

Visit choa.org/diabetes for more information.

404-785-KIDS (5437)

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Insulin dosing worksheet

**Insulin to carb ratio**

1 unit: _______ grams carbs eaten

\[
\text{Total carbs eaten} + \text{Insulin to carb ratio} = \text{Units of insulin for food}
\]

**Fixed dose insulin for meals and snacks**

___ units for breakfast (approximate carbs to be eaten______)

___ units for lunch (approximate carbs to be eaten______)

___ units for dinner (approximate carbs to be eaten______)

___ units for snack (approximate carbs to be eaten______)

**Step 2: High blood sugar? (> ___ )**

Calculate insulin dose to correct it using correction formula or sliding scale.

**Correction formula**

\[
\text{Blood sugar} - \text{Target blood sugar} = \text{Correction factor}
\]

-OR-

\[
\text{Units of insulin for high blood sugar}
\]

**Sliding scale correction**

Blood sugar range = extra units of insulin

___ = ___ units

___ = ___ units

___ = ___ units

**Combination foods: How many carbs are you eating?**

<table>
<thead>
<tr>
<th>Serving</th>
<th>Carbs (g)</th>
<th>Serving</th>
<th>Carbs (g)</th>
<th>Serving</th>
<th>Carbs (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice pizza (⅓ of 14”)</td>
<td>35</td>
<td>1 cup spaghetti with sauce</td>
<td>50</td>
<td>1 cup soup</td>
<td>15</td>
</tr>
<tr>
<td>1 small meat and cheese taco</td>
<td>15</td>
<td>2 fried chicken legs</td>
<td>15</td>
<td>1 sub sandwich (⅔”)</td>
<td>45</td>
</tr>
<tr>
<td>5 chicken nuggets</td>
<td>15</td>
<td>1 sausage biscuit</td>
<td>25</td>
<td>1 corndog</td>
<td>25</td>
</tr>
<tr>
<td>1 cup macaroni and cheese</td>
<td>45</td>
<td>1 grilled cheese sandwich</td>
<td>30</td>
<td>1 peanut butter and jelly sandwich</td>
<td>45</td>
</tr>
</tbody>
</table>

**Free foods: Foods that have less than 5g of carbs**

- String cheese
- Eggs
- Deli meat
- Chopped chicken
- 1 tablespoon peanut butter

- ½ cup cooked or 1 cup raw:
- Artichoke hearts
- Broccoli
- Cabbage
- Carrots
- Celery
- Collards
- Cucumber

- Green beans
- Okra
- Salad greens
- Sugar snap peas

**Food labels**

Check for the total carbs on the food label when calculating your insulin dose for food. Don’t forget to take into account serving size and how many servings you are eating.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup (35g)</td>
<td>230</td>
<td></td>
</tr>
</tbody>
</table>

**Combination snacks**

- ½ cup cherry tomatoes + 1 string cheese
- ½ cup cucumber slices + 1 tablespoon hummus
- 3 pieces salami + 1 cheese stick
- 1 hard-boiled egg + ⅛ cup blueberries
- ½ cup cottage cheese + ¼ cup sliced cucumber + 1 tablespoon chopped walnuts
- 6 cucumber slices + 3 small slices deli meat + 3 small slices cheddar cheese

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