

Diabetes Management Tips

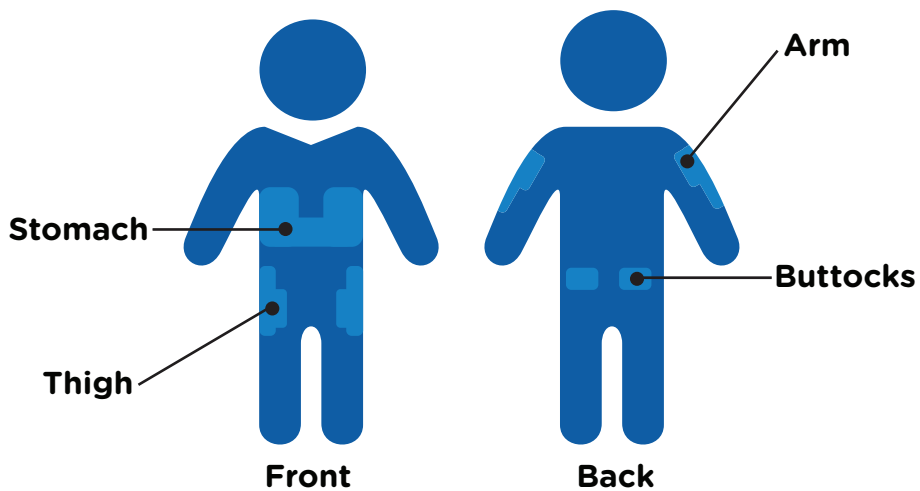
Blood sugar testing

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.



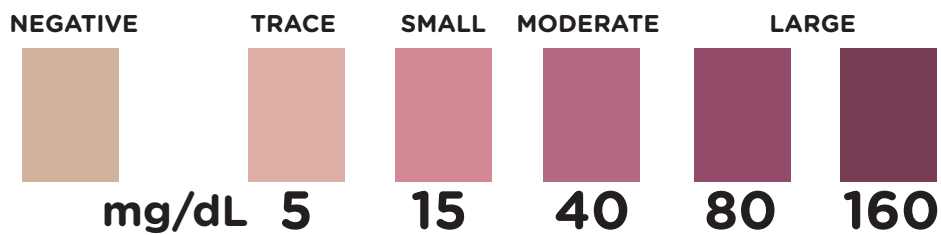
If the meter shows an error code, that means there has been an error and blood should be taken again using another test strip.

Injection sites



Rotate injection sites each time you administer an insulin shot.

Ketone checklist



Very large

Very large amounts indicate you may be at risk of developing diabetic ketoacidosis (DKA), which is dangerous and serious.

Contact your healthcare provider immediately or go to the nearest emergency department.

Large or moderate

Large or moderate amounts are a danger sign. Never exercise when your urine checks show large or moderate amounts of ketones and your blood sugar is high. These readings could indicate a problem that may require medical attention.

Contact your healthcare provider for instructions.

Small or trace

Small or trace amounts may mean that ketone buildup is starting.

You should test again in a few hours.

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.

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



Children'sSM
Healthcare of Atlanta

Visit choa.org/diabetes for more information.

404-785-KIDS (5437)

Insulin dosing worksheet



Step 1: Eating something?

Calculate insulin dose to cover carbohydrates eaten using a carb ratio or a fixed dose.

Insulin to carb ratio

1 unit: _____ grams carbs eaten

$$\frac{\text{Total carbs eaten}}{\text{Insulin to carb ratio}} = \text{Units of insulin for food}$$

-OR-

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

$$\frac{\text{Blood sugar} - \text{Target blood sugar}}{\text{Correction factor}} = \text{Units of insulin for high blood sugar}$$

-OR-

Sliding scale correction

Blood sugar range = extra units of insulin

_____ - _____ = _____ units _____ - _____ = _____ units

_____ - _____ = _____ units _____ - _____ = _____ units

_____ - _____ = _____ units _____ - _____ = _____ units

Step 3: Calculate total insulin dose

$$\text{Calculated units of insulin for food} + \text{Units of insulin for high blood sugar} = \text{Total insulin dose}$$



Carb counting quick reference

Each item is one serving, or about 15g of carbs:

- 1 slice bread
- 1 flour tortilla (6")
- ¼ large bagel
- ½ hamburger or hot dog bun
- ½ cup grits
- ½ cup plain oatmeal
- 5 chicken nuggets
- ⅓ cup cooked pasta
- Small apple or orange
- ½ cup canned fruit
- ½ medium banana
- 15 grapes
- 1 cup milk/soy milk
- 6 ounces lite yogurt
- ½ cup ice cream
- 5 vanilla wafers
- 5 chocolate Kisses

Nutrition Facts		
8 servings per container		
Serving size 2/3 cup (55g)		
Amount per serving		
Calories		230
% Daily Value*		
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	13%
Dietary Fiber	4g	14%
Total Sugars	12g	
Includes 10g Added Sugars 20%		

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 **servicing size** and how many servings you are eating.

Combination foods: How many carbs are you eating?

Serving	Carbs (g)	Serving	Carbs (g)	Serving	Carbs (g)
1 slice pizza (1/8 of 14")	35	1 cup spaghetti with sauce	50	1 cup soup	15
1 small meat and cheese taco	15	2 fried chicken legs	15	1 sub sandwich (6")	45
5 chicken nuggets	15	1 sausage biscuit	25	1 corndog	25
1 cup macaroni and cheese	45	1 grilled cheese sandwich	30	1 peanut butter and jelly sandwich	45

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

Fats

- ¼ cup nuts
- 2 tablespoons sunflower seeds
- Olives
- Avocado

Protein

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

Non-starchy vegetables

- ½ cup cooked or 1 cup raw:
- Artichoke hearts
 - Broccoli
 - Cabbage
 - Carrots
 - Celery
 - Collards
 - Cucumber
 - Green beans
 - Okra
 - Salad greens
 - Sugar snap peas

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 + ¼ 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