

My Emergency Plan of Care



1. CHECK BLOOD SUGAR READING MORE FREQUENTLY

- For a mild illness check every 6 hours
- For severe illness check every 3-4 hours

Never stop taking medications without discussing with your provider. Some diabetes medications may need to be stopped or adjusted when you are sick. Contact your diabetes health care team to discuss.



2. STICK TO YOUR MEAL PLAN AS CLOSELY AS POSSIBLE

Eating well is important when you are sick, so try to follow your usual meal plan. You can also choose items from the healthy list below. Each item counts as 1 carbohydrate choice or 15 grams of carbs. Try to eat or drink at least 3 of these (45 grams of carbs) every 3 to 4 hours:

- ½ cup fruit juice (like orange or apple)
- ½ cup regular (not sugar free) soda pop
- ½ cup regular gelatin dessert
- 1 double ice pop
- 1 cup soup
- 1 cup sports drink
- 1 slice toast
- 6 soda crackers



3. PREVENT DEHYDRATION

Signs of dehydration include dry mouth, thirst, decreased urination, very dark urine and dry flushed skin that does not snap back when pinched.

- Take small sips of fluid every 10 to 15 minutes.
- Consume a total of about 1 cup (8 oz.) of fluid per hour when sick.

What to Do If You Have...

LOW BLOOD SUGAR

If you experience signs and symptoms of low blood sugar, such as headache, blurred vision, weakness, cold sweat, fast heartbeat or trembling, check your blood sugar. If it is less than 70:



½ glass
of OJ

—OR—



3-4 glucose
tablets

—OR—



5-6 hard
candies



Wait 15
Minutes



Then
recheck
blood sugar

Still Low? Continue to:

1. Alternate 15 grams of carbohydrates
2. Recheck blood sugar in 15 minutes
3. Repeat until your blood sugar reaches a normal level

Be sure to eat your next meal to prevent another low sugar episode. If symptoms continue or you experience further low blood sugars, call your doctor to discuss.

For recurrent, severe hypoglycemia, educate family members.

Glucagon is available in a kit and is recommended for treating low blood sugar in some patients at higher risk. Ask your doctor for more information or if you need a pen.

HIGH BLOOD SUGAR

Recognizing early symptoms of hyperglycemia can help you treat the condition promptly.

Watch for:

- Frequent urination
- Increased thirst
- Blurred vision
- Fatigue
- Headache





When to Call Your Diabetes Care Team

- ✓ Your blood sugar is less than 70 mg/dl twice in one week or you experience a severe low blood sugar of less than 50
- ✓ Your blood sugar is higher than 250 mg/dl for more than 2 days
- ✓ You are vomiting or are unable to keep fluids down
- ✓ You have had a fever of 101.5 or higher for 24 hours
- ✓ You have been vomiting or having diarrhea for more than 6 hours
- ✓ You have cuts, burns or blisters that don't seem to be healing

AFTER HOURS / WEEKENDS:

Call 911 for a loss of consciousness or life-threatening emergency.

My Health Care Team

Primary Care Provider

Endocrinologist

Pharmacy

Other

Emergency Contact

Notes

My After-Hours Plan

My PCP's Normal Business Hours

My PCP's After Hours Plan

Closest Walk-in and Hours

Closest Retail Clinic and Hours

Reminders

Take good care of yourself. Plan ahead if you are too sick to take your medicines or stay hydrated.

Spend time writing down the contact information of your primary care provider (PCP) and other members of your health care team, and write down the details of your after-hours plan, too. Keep this sheet near your phone and easily accessible to others.

If you need care during regular hours and it's not a life-threatening emergency, **call your PCP first.**

If you need care after hours or on weekends and it's not a life-threatening emergency, **refer to your after-hours plan** for information on the closest walk-in or retail clinic.

Heading to the ER?

If this event is not life-threatening:

Have I called my primary care provider?

Have I considered my after-hours care plan?

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