

My Diabetes Emergency Action Plan



**VERY
LOW**

**Blood
Sugar**

Blood sugar less than 55

AND / OR

You are confused, feel less coordinated, or cannot solve problems

**What
to do?**

1. If able to, take 8 glucose tablets OR drink 8 ounces of regular soda or juice.
2. Recheck blood sugar in 15 minutes.
3. If blood sugar is still under 55, repeat above treatment.
4. Recheck blood sugar in 15 minutes.
5. If your blood sugar is still under 55 after 2 treatments, call 911 or have someone take you to the emergency room (ER).



LOW

**Blood
Sugar**

Blood sugar 55 – 70

AND / OR

You feel sweaty, your heart is beating faster than normal, or you feel anxious or dizzy

**What
to do?**

1. If able to, take 4 glucose tablets OR drink 4 ounces of regular soda or juice.
2. Recheck blood sugar in 15 minutes.
3. If blood sugar is still 55 - 70, repeat above treatment.
4. Recheck blood sugar in 15 minutes.

If blood sugar is still 55 - 70:

- Call 911 or
- Have someone take you to the emergency room (ER).

OR

If blood sugar is over 70:

- If near mealtime, include protein in your meal.
- If not near mealtime, eat a snack with protein (half sandwich, apple and peanut butter, cheese crackers).



**VERY
HIGH**

**Blood
Sugar**

Blood sugar over 250 for at least 3 checks

AND

You have stomach pain, vomiting, drowsiness, confusion or fast heart beat

**What
to do?**

1. Check blood sugar and ketones if possible.
2. Call 911 or have someone take you to the emergency room (ER).



You are doing well.

- A1c:**
Under 7 % OR
_____ per your provider
- Blood sugar before meals:**
70 – 130
- Blood sugar after meals:**
Under 180 OR
Under _____ per your provider
- You can manage or fix occasional low or high blood sugars

- Keep checking and tracking your blood sugars.
- Keep taking your medicines as directed.
- Eat 3 healthy meals and 1 snack a day (limit sweets).
- Avoid sugary drinks (unless blood sugars are low).
- Go to healthcare appointments. Bring your blood sugar record.
- Go to diabetes education appointments and classes.



Be careful.

- A1c:**
7% - 9% OR
_____ per your provider
- Blood sugar before meals:**
Under 200
- Average blood sugar:**
150 – 210

- Your medication dosage may need to change
- You may need to change how you eat
- You may need to become more active

Call your provider if your blood sugars do not lower:

Name: _____

Number: _____



You are not doing well. Take action.

- A1c:**
Higher than 9%
- Blood sugar before meals:**
Above 200
- Average blood sugar:**
Above 210

Call your healthcare provider as soon as you can:

Name: _____

Number: _____