

# Your Health Matters

## Diabetes Discharge Information

Diabetes is a condition which causes high blood sugar. **Type 1 diabetes** is caused by a defect in the immune system which triggers the body to destroy its own insulin producing cells in the pancreas. With **Type 2 diabetes**, there is a defect in insulin action. With **steroid induced diabetes**, prednisone or Decadron blocks insulin from working properly. You have \_\_\_\_\_ diabetes.

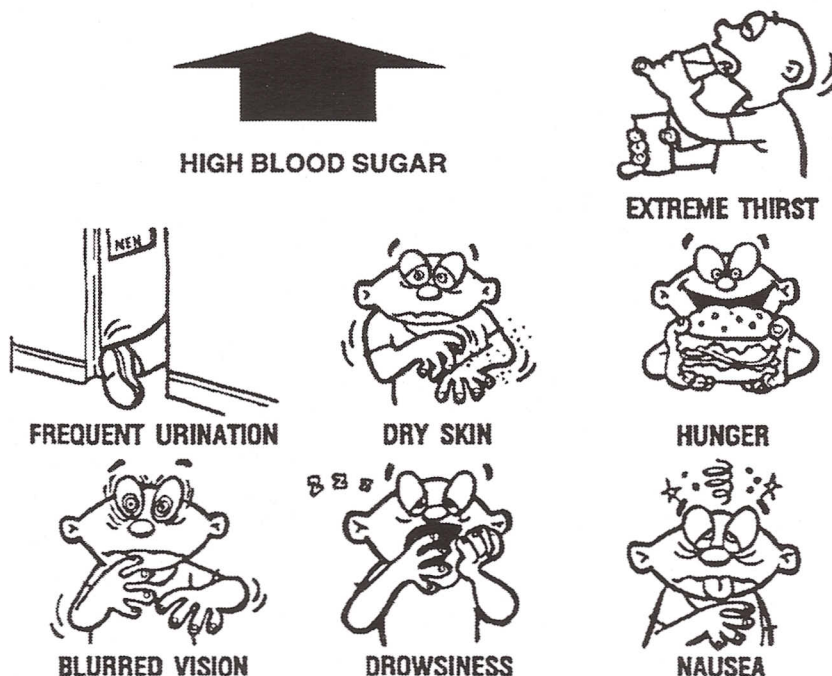
An acceptable blood sugar range is 80-180 mg/dl.

### High Blood Sugar — Above 200 mg/dl.

#### Causes

- Too much food, not enough insulin or diabetes pills, infection, stress

#### Symptoms



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## Treatment

- Review and follow your meal plan. Drink sugar-free liquids

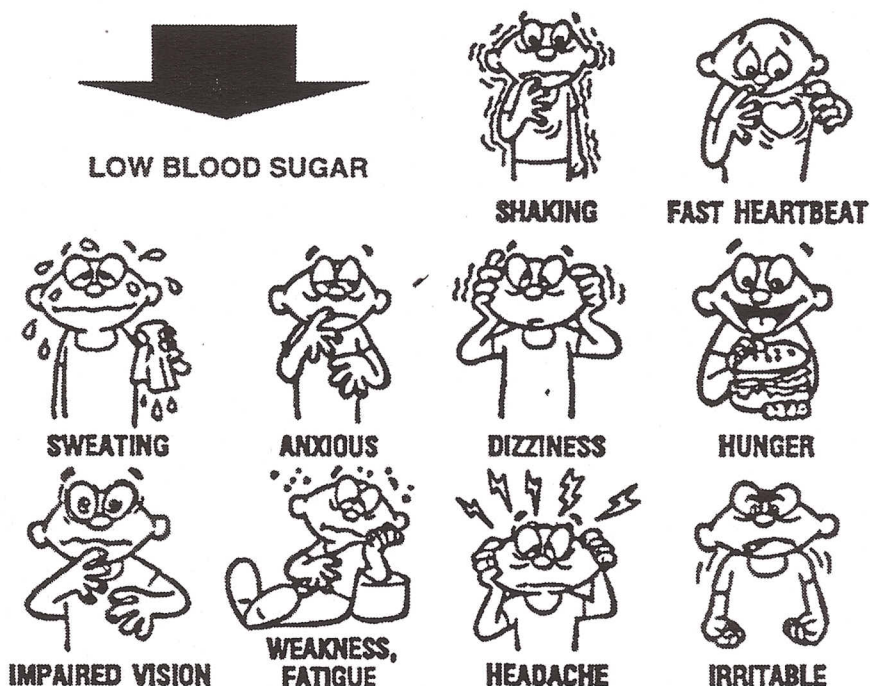
## Low Blood Sugar - Less Than 70 mg/dl

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### Causes

- Too little food, skipped meals, too much insulin or diabetes pills, excess exercise

### Symptoms



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## Treatment

- Check your blood sugar. If less than 70 mg, take 15 grams carbohydrate, (such as 4 oz. juice, or 3 glucose tablets). Recheck your blood sugar in 15 minutes. If less than 100 mg, repeat treatment
- Call your doctor to report low blood sugar values

## Exercise Guidelines

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Exercise helps to lower your blood sugar. When exercising you should:

- Carry a sugar source such as raisins or glucose tablets
- Wear identification — you can obtain a MedicAlert ID by calling 1-800-432-5378
- If you take insulin, check your blood sugar prior to and after exercise to determine how exercise affects your blood sugar level

# Diabetes Instructions

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1. Check your blood sugar before meals and bedtime. Goal for your blood sugar is 80 to 180 mg.
2. If your blood sugar is less than 70 mg., take 15 grams of carbohydrates, such as, 4 oz. juice, or 3 glucose tablets
3. Call your doctor for blood sugars less than 70 and remaining over 400 mg.
4. Don't smoke. For help with quitting smoking, call 1-800 No Butts

**5. Diabetes Meal Plan:**

- Carbohydrate control
- Avoid liquid sugar as it rapidly raises your blood sugar level
- Do not skip meals

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**6. Diabetes Medicines**

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7. If your are taking Prednisone or Decadron call your doctor when your dose is changed because your diabetes medicines will need to be adjusted

**8. Additional Instructions**

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