

# Diabetes Guidelines

**Blood Glucose:** Test before each meal, before nighttime snack and at 2 AM for the first few weeks.  
(7:30 AM, 11:30 AM, 5:30 PM, 8:30 PM, 2:00 AM)  
Test anytime you suspect low blood sugar!

**Urine Ketone Testing:** Test every morning until clear and whenever blood glucose is greater than \_\_\_\_\_.

**Insulin Injections:** Daily before breakfast and before dinner.

A "spot dose" of short acting (Humalog) insulin may have to be given before lunch or before bedtime snack for blood sugars greater than \_\_\_\_\_.

**Meals and Snacks:** 3 meals and 3 snacks must be eaten at regular times daily.  
(See schedule.)  
Meals should be eaten within 30 minutes.  
Snacks should be eaten within 15 minutes.

- Extra Carbohydrates need to be given for vigorous exercise.  
Give 10 – 15 additional carbs for every 30 minutes of vigorous exercise.

**Call the Diabetic MD** \_\_\_\_\_  
\_\_\_\_\_.

**Dr. Culler** Pager (714) 506-7095  
**MJ Wainwright, RN** – Diabetic Educator  
Work (714) 966-8019  
Home (714) 279-9894

**Call the Peds ICU to make appointments:** (714) 966-8019

Your first appointment should be in \_\_\_\_\_.

## Daily Schedule

\_\_\_\_\_ Test blood sugar. (test ketones if necessary)  
Give insulin injection.

\_\_\_\_\_ Eat breakfast  
Carbs. \_\_\_\_\_

\_\_\_\_\_ A.M. snack  
Carbs. \_\_\_\_\_

\_\_\_\_\_ Test blood sugar  
Give spot dose if B.S. is over \_\_\_\_\_

\_\_\_\_\_ Eat lunch  
Carbs. \_\_\_\_\_

\_\_\_\_\_ Afternoon snack  
Carbs. \_\_\_\_\_

\_\_\_\_\_ Test blood sugar  
Give insulin injection

\_\_\_\_\_ Eat dinner  
Carbs. \_\_\_\_\_

\_\_\_\_\_ Test blood sugar  
Give spot dose if B.S. is over \_\_\_\_\_

\_\_\_\_\_ Eat P.M. snack  
Carbs. \_\_\_\_\_

\_\_\_\_\_ Test blood sugar  
If blood sugar is less than 100  
give \_\_\_\_\_