

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 _____