

A DAY WITH DIABETES



Check blood glucose (BG) level. Record BG and any notes if it is higher or lower than expected.



Take diabetes medications - pills, insulin, and/or non-insulin injectable medications.



Consider what I am eating for breakfast. Does my breakfast include a healthy amount of fat, carbohydrates, and protein or will my choices result in high BG levels?



Get ready for the day. Check to make sure I have 15 gram carbohydrate snack with me in case my BG drops, blood glucose meter, and medications. If I use an insulin pump, do I have the supplies I need in case I need to replace the insulin or tubing? If I use a continuous glucose monitor, did I remember to calibrate? Do I have an extra sensor in case I need to replace it? I have to remember to take all the things I may need to control my BG levels.



Eat mid-morning snack.



Before eating lunch, I check my BG. Record BG and any notes if it is higher or lower than expected. Consider what I am eating for lunch. Does my lunch include a healthy amount of fat, carbohydrates, and protein or will my choices result in high BG levels?



Schedule appointment with diabetes care provider to check A1C, review blood glucose meter or continuous glucose monitor values, review medications, and check blood pressure, lipid levels, and condition of kidneys.



Schedule appointment with eye doctor for dilated eye exam.



I need to try to include physical activity in every day. I should check my BG level before and after exercise to make sure it is not too high or too low. If I begin to feel lightheaded or jittery, I should check my BG or if I don't have my glucose meter with me, stop exercising, eat a snack, and rest for 15-20 minutes.



I need to take my medications the way that my diabetes care provider told me to take them. I should talk to my diabetes care provider before I make any changes in my diabetes medications.



Time for dinner. I need to make healthy choices that are a balance of fat, protein, and carbohydrates. My choices should limit types or amounts of food that will result in high BG levels.



I need to make sure I check my feet. If I have a callus that is not getting better then I'll need to call the foot doctor and make an appointment.



I check my blood glucose and eat a bedtime snack if it is less than 100.



Always ask for help when you need it.

