

## When to Call your Diabetes Care Team:

- Your Blood Sugar is less than 70 mg/dl twice in one week or you experience a severe low blood sugar of less than 50.
- Your blood sugar is over 250 mg/dl for more than 2 days
- You are vomiting or are unable to keep fluids down
- You have a fever of 101.5 or higher that last 24 hours
- You have been vomiting or having diarrhea for more than 6 hours.
- Cuts, burns or blisters on skin that do not seem to be healing.

### AFTER HOURS / WEEKENDS:

- Call 911 for a loss of consciousness or life-threatening emergency
- Find a **Quick Care Option** at:  
<https://www.vhan.com/>
- Or text your zip code to 615-908-2273 for nearby care

## My Healthcare Team

Provider	Contact Information
Primary Care Provider	
Endocrinologist	
Pharmacy	
Other	
Emergency Contact	
Notes	

### Reminders:

- Take good care of yourself, plan ahead if you are too sick to take your medicines or keep hydrated
- Call your PCP first
- After hours/weekends refer to your emergency plan

Confidential – Do Not Distribute

## My Emergency Plan of Care

**Vanderbilt Health**  
Affiliated Network

# SICK DAY PLANNING

## 1. CHECK BLOOD SUGAR READING MORE FREQUENTLY:

- For a mild illness check every 6 hours
- For severe illness check every 3-4 hours

Never stop medicines without discussing with provider. However, when sick, some medications taken to manage diabetes may need to be stopped or adjusted during illness. Contact Diabetes Healthcare team to discuss.

## 2. EATING WHEN SICK

Eating well is important when sick, so try to follow usual meal plan as best as possible. Or choose items from the list below. Each item counts as 1 carbohydrate choice or 15 grams of Carbs. **Try to eat or drink at least 3 of these (45 grams of carbs) every 3 to 4 hours:**

- ½ cup fruit juice (like orange or apple)
- ½ cup regular (not sugar free) soda pop
- ½ cup regular gelatin dessert
- 1 double ice pop
- 1 cup soup
- 1 cup sports drink
- 1 slice toast
- 6 soda crackers

## 3. PREVENT DEHYDRATION

Signs of dehydration include dry mouth, thirst, decreased urination, very dark urine, dry flushed skin that does not snap back when pinched.

- Take small sips of fluid every 10 to 15 minutes.
- Consume a total of about 1 cup (8 oz.) of fluid per hour when sick

# THE RULE OF 15 LOW BLOOD SUGAR

For signs and symptoms of low blood sugar, such as headache, blurred vision, weakness, cold sweat, fast heartbeat or trembling, Check your blood sugar to confirm and if your blood sugar is less than 70. If it is:

**1/2 glass of OJ OR**  
**3-4 glucose tablets OR**  
**5-6 hard candies**

**WAIT: 15**

**THEN: STILL LOW?**

**CONTINUE TO:**

1. Alternate 15 grams of carbohydrates
2. Recheck blood sugar in 15 minutes
3. Until your blood sugar reaches a normal level

Be sure to eat your next meal to prevent another low sugar episode.

If symptoms continue or you experience further low blood sugars call your doctor to discuss.

For recurrent, severe hypoglycemia, educate family members.

Glucagon is available in a kit and is recommended for treating low blood sugar in some patients at higher risk. Ask your doctor for more information or if you need a pen.

## HIGH BLOOD SUGAR

Recognizing early symptoms of hyperglycemia can help you treat the condition promptly.

Watch for:

- Frequent urination
- Increased thirst
- Blurred vision
- Fatigue
- Headache

# MY AFTER HOURS PLAN

My PCP Normal Business Hours:	
My PCP's After Hours plan for me:	
Closest Walk-in and hours:	
Closest Retail Clinic and hours:	

## Heading to the ED?

If this event is not life-threatening:

- Have I called my PCP?
- Have I considered my after hours care plan?



**Vanderbilt Health**  
Affiliated Network