

Diabetes General Home Care Discharge Instructions

When to call your Doctor:

- Call your doctor if you have **unexplained** blood sugar of **200 mg/dL or greater for 2 days**. If your blood sugar is higher than **300 mg/dL at any time**, call your doctor.
- Call your doctor if your blood sugar is **less than 70 mg/dL** two times on the same day or three times within one week. Your doctor may want to adjust your medication.
- If you have signs/symptoms of **low blood sugar** (hypoglycemia), and/or your blood sugar is less than 70 mg/dL you may **choose one of the below treatments**:
 - 3 glucose tablets or ½ glass (4 oz) of apple juice or 1/2 glass (4 oz) of clear regular soda (See diabetes handouts for other examples)

Call your doctor for a prescription for the supplies you will need at home.

If you receive your supplies at home and have questions about the supplies, please call the telephone number inside your meter kit.

Call your primary care doctor for outpatient diabetes education appointments.

Other Information:

- **Look at your feet**, top and bottom every morning. If you have any signs of infection, such as: reddened areas, change in feeling or temperature, swelling, blisters, or cracks in the skin, call your doctor right away. Apply lotion to dry skin areas to prevent cracks. Keep the skin between your toes clean and dry.

"I hereby acknowledge receipt of the instructions above. I will arrange for follow-up care."

Patient's Name _____ Date _____

RN's Name _____ Date _____