

# Diabetes Stoplight Tool



Green zone



Yellow zone



Red zone

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# Controlling diabetes at home



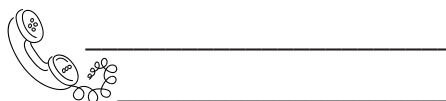
Green zone

You are in control.



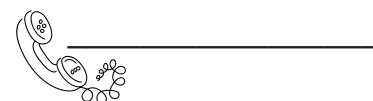
Yellow zone

Take action today. Call:



Red zone

Take action now! Call:



<p><b>Did I test my blood sugar?</b></p>	<p>I tested my blood sugar.</p>	<p>I did not or cannot test my blood sugar because I:</p> <ul style="list-style-type: none"> <li>• Forgot or am out of strips</li> <li>• Am not sure how to do it</li> <li>• Do not feel like I need to</li> </ul>	<p>I did not or cannot test my blood sugar and I feel:</p> <ul style="list-style-type: none"> <li>• Sweaty or shaky</li> <li>• Light-headed</li> <li>• Confused</li> </ul>
<p><b>What is my blood sugar?</b></p>	<p>My blood sugar is:</p> <p><b>Between 70-130</b> (fasting/before a meal)</p> <p><b>Less than 180</b> (2 hours after a meal)</p>	<p>Treat blood sugar if it is:</p> <p>Low (less than): _____ or High (more than): _____ (See back of form for how to treat)</p> <p>Call today if blood sugar is:</p> <ul style="list-style-type: none"> <li>• Still in yellow zone after treatment</li> <li>• In yellow zone several times in 1 week</li> </ul>	<p>Call now if blood sugar is:</p> <p>Low (less than): _____ or High (more than): _____</p> <p>Or if after treatment I <u>still</u> feel:</p> <ul style="list-style-type: none"> <li>• Sweaty or shaky</li> <li>• Light-headed</li> <li>• Confused</li> </ul>
<p><b>How do my feet look?</b></p>	<p>I do not have any wounds on my feet.</p>	<p>I have a wound on my foot that is not healing after 1 week.</p>	<p>I have a wound on my foot that is not healing after 2 weeks.</p>
<p><b>Did I miss any doses of medicine?</b></p>	<p>I did not miss a dose.</p>	<p>I missed at least 1 dose in the last 24 hours because I:</p> <ul style="list-style-type: none"> <li>• Am out of medicine</li> <li>• Am not sure how to take my medicine</li> <li>• Do not feel like I need it</li> </ul>	<p>I did not take my medicine and I:</p> <ul style="list-style-type: none"> <li>• Need to pee more</li> <li>• Feel more thirsty or hungry than usual</li> <li>• Have less energy</li> </ul>

# Treating my blood sugar

## Signs of low blood sugar:

- Feeling sweaty or shaky
- Feeling light-headed or dizzy
- Feeling confused

## To treat low blood sugar:

1. Do one of these:
  - Eat 4 glucose tablets or
  - Eat 4 teaspoons of sugar or
  - Eat 8 hard candies (such as Life Savers) or
  - Drink 1/2 cup of fruit juice or low fat milk or
  - Drink 1/2 can of regular soda (not diet)
2. Wait 15 minutes.
3. Retest blood sugar. If still low, treat again.
4. Wait 15 minutes.
5. Retest blood sugar. If still low, take action and call your health care provider.

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## Signs of high blood sugar:

- Need to pee more often
- Feel more thirsty or hungry than usual
- Have less energy than usual

## To treat high blood sugar:

- Drink some water
- Sit or lie down
- Take a short, easy walk

## My plan for controlling diabetes at home

- Take my medicine**
- Check my blood sugar:**
  - Every day and at different times each day
  - More often if I am sick
  - Before driving
- Carry a source of sugar in my purse or wallet**
- Care for my feet and skin**
- Eat healthy meals**
- Get exercise each day**

Your care team will work with you to set goals so you can stick to your plan.