

BLOOD GLUCOSE LEVEL MONITORING PLAN

Name:

D.O.B:

Type of Diabetes:

☐ Type 1

☐ Type 2

Guardian:

Phone:

Emergency Contact:

Phone:

BLOOD GLUCOSE LEVELS



TARGET RANGE



OUTSIDE TARGET RANGE

Arrange next visit with Doctor

URGENT!



LOW

Follow **HYPO** Management Procedure



HIGH

Follow **HYPER** Management Procedure

FREQUENCY OF BLOOD GLUCOSE LEVEL TESTING

☐ Before breakfast

☐ Before lunch

☐ hours after lunch

☐ Before dinner

☐ 2 hours after correction dose

☐ Mid-morning

☐ Other:

If the person is feeling or looking unwell, conduct a BGL test.

To be reviewed annually or following a change in care recipients' condition or as directed by Medical Practitioner.

Doctor's Name:

Doctor's Signature:

Date:

LOW BLOOD SUGAR (HYPOGLYCEMIA)

SYMPTOMS

- Feeling shaky
- Being nervous or anxious
- Sweating, chills and clamminess
- Irritability or impatience
- Confusion
- Fast heartbeat
- Feeling lightheaded or dizzy
- Hunger
- Nausea
- Colour draining from the skin (pallor)
- Feeling sleepy
- Feeling weak or having no energy
- Blurred/impaired vision
- Tingling or numbness in the lips, tongue or cheeks
- Headaches
- Coordination problems, clumsiness
- Nightmares or crying out during sleep
- Seizures

If the person is showing SYMPTOMS, test BGL. Repeat test on the other hand to confirm level. If conscious and alert, give quick acting glucose immediately (15gm) then conduct test again. If still below TARGET RANGE, **DIAL 000.**

ASYMPTOMATIC

If they are **ASYMPTOMATIC**, conscious and alert, give quick acting glucose immediately (15gm)

- Half a glass of Lucozade/soft drink/cordial (non diet) or,
- 6-7 small jelly beans

Then test again in 15 minutes and if not improving repeat.

If signs of improving and if next meal not in 15-20 mins, give a slowly absorbed carbohydrate of either:

- Slice of grain bread (half a sandwich)
- Large glass of plain milk
- Small glass of flavoured milk
- Small Glass of orange juice

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

SYMPTOMS

- Frequent urination
- Excessive thirst
- Nausea
- Vomiting
- Dehydration
- Sleepiness
- Confusion
- Blurred vision
- Irritability

If blood sugar level is OVER 14 on two readings 2 hours apart, notify Doctor.

ASYMPTOMATIC

- If BGL is **OVER 20** and is **ASYMPTOMATIC**, re-test in 2 hours

If symptoms persists, **DIAL 000 and notify Doctor.**