

When to call your healthcare provider



Get emergency care (call 911)

You have symptoms of ketoacidosis:

- Large amounts of ketones in your urine
- A fruity odor on the breath
- Extreme thirst or hunger
- Nausea/vomiting
- Extreme drowsiness
- Stomach pain
- Body aches

You think you may pass out:

- You feel lightheaded or dizzy
- You feel yourself “fading” in and out of alertness



Call your healthcare provider for advice or an appointment in these situations:

You're sick, and...

- You've been sick or have had a fever for a couple of days and aren't getting better.
- You've been vomiting or having diarrhea for more than 6 hours.
- You have a fever higher than 101.5 or a fever that lasts for more than 24 hours.
- You have a fasting blood glucose level of 240 or higher for more than 24 hours.
- You have moderate to large amounts of ketones in your urine. If you can't reach your healthcare provider, or if you have large amounts of ketones in your urine, **get emergency care.**
- You begin to notice problems like confusion or dehydration (symptoms of dehydration include a decrease in urine output, dry mouth and skin, and dry sunken eyes).
- You aren't sure what to do to take care of yourself.

You have hyperglycemia, and...

- You can't control your hyperglycemia, in spite of taking action to correct it.
- You have 2-3 readings in a row with results of 240 mg/dL or higher.
- You have more than 2 unexplained episodes of hyperglycemia in a week.
- You have repeated high glucose readings during a particular time of day.
- You have moderate to large amounts of ketones in your urine. If you can't reach your healthcare provider, or if you have large amounts of ketones in your urine, **get emergency care.**

You have hypoglycemia, and...

- You can't control your hypoglycemia, in spite of taking action to correct it.
- You have 2-3 readings in a row with results of 70 mg/dL or less.
- You have more than 2 unexplained episodes of hypoglycemia in a week.
- You have repeated low glucose readings during a particular time of day.



Also consider calling if...

- You're pregnant, or thinking of becoming pregnant.
- You have questions about the goals of your treatment—for example, what your blood glucose numbers should be, or what a healthy cholesterol level is for you.
- You have questions or concerns about self-management. It's important that you feel confident about how to monitor your blood glucose, plan your meals, take your medications, and do the other things you need to do to care for yourself.
- You have any of the following:
 - Recurring stomach or digestion problems (for example, constipation or diarrhea)
 - Foot problems such as sores on your feet, thickened or ingrown toenails, or cold, tingling, or puffy feet (see page 81)
 - Tooth or gums problems, such as bleeding or tender gums or persistent bad breath (see page 83)
 - Depression or other emotional difficulties (see page 87)
- You just don't feel right, and want to make sure your treatment plan is still working for you.

WHEN YOU CALL...

Have the following information ready when you call your healthcare provider:

- The time and results of your blood glucose tests (and if monitored, your ketone levels)
- Temperature readings
- How much and what type of medications you have taken and when you took them
- Over-the-counter medications you have taken and when you took them
- Symptoms you may be experiencing

NAMES and phone numbers

My primary care doctor: _____ **phone:** _____

My diabetes educator: _____ **phone:** _____

Other healthcare providers: _____ **phone:** _____

_____ **phone:** _____



You can find this handbook and other diabetes resources at intermountainhealthcare.org/diabetes

