# Type 2 Diabetes Basics

**When should I check my blood sugar?**

- Talk with your doctor about how often to check and what your blood sugar should be.
- Before meals or 2 hours after the **start** of a meal are good times to check.
- Keep a written log of date, time, and blood sugar numbers.
- Check more often when you are sick or not feeling well.
- Check when you think your blood sugar is too low or too high.

**What can I eat? When can I eat?**

- Eat a variety of foods like vegetables, protein, whole grains, and fruit.
- Water and sugar-free drinks are best.
- Limit juices and sugary foods.
- Limit portion sizes by using smaller bowls and cups.
- Eat on a regular schedule.
- Avoid skipping meals.

**How do I care for my feet?**

- Look at your feet every day for cracks or cuts.
  - If you have a hard time, ask for help or use a long-handled mirror.
- Wash and dry your feet every day.
- Do not soak your feet in water.
- Do not put lotion between your toes.
- Avoid walking barefoot.
- Wear well-fitting socks. White diabetic socks are best.
- Avoid walking in socks without shoes.
- Always wear footwear with soles.
- It is best to have 2 pairs of well-fitting shoes.
- See a foot doctor regularly.
- Consider diabetic shoes.

**What can I do to be active?**

- Talk with your doctor about the best kind of activity for you.
- Aim for 30 minutes of total activity every day.
- One idea is to walk for 10 minutes after each meal.
- Keep glucose tablets with you to take if your blood sugar drops.

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**What are the signs of <u>high</u> blood sugar?**

- Feeling thirsty
- Urinating more than usual
- Blurred vision
- Glucose meter reads greater than _____or "HI"
- Drowsiness

**What are the signs of <u>low</u> blood sugar?**

- Feeling shaky, dizzy, or moody
- Sweating or pale skin
- Headache or confusion
- Hunger
- Fast heartbeat

**What can I do if my blood sugar is running high?**

- Drink extra water.
- Test your blood sugar more often.
- Eat smaller portions.
- Take a walk.
- Take your medication as ordered.

**What should I do if my blood sugar is too low?**

- Eat 15 grams of carbohydrates such as ½ cup of fruit juice or 4 glucose tablets. Recheck your blood sugar in 15 minutes.
- If your blood sugar is still below 70:
  - Eat another 15 grams of carbohydrates such as ½ cup of fruit juice or 4 glucose tablets.
  - Recheck blood sugar in 15 minutes.
  - Repeat these steps until the blood sugar is 70 or above.
  - Once your blood sugar is 70 or above, eat a small snack or a meal. Examples:
    - 8 ounces of milk
    - Half a sandwich

**When should I call my doctor?**

- A blood sugar level over 300 after 2 checks
- A blood sugar level under 70 for 2 checks
- New foot problems

**When should 911 be called?**

- Shortness of breath
- Fruity smelling breath
- Nausea and Vomiting
- Fainting
- Severe low or high blood sugar