



Patient Stoplight Chart Type 1 Diabetes

Place Patient Label with
Barcode Here

How I Might Feel and What to Do:

<p>Every Day!</p> <ul style="list-style-type: none"> Taking insulin as recommended (and other medications, if prescribed by your doctor/NP) Monitoring your blood sugar levels regularly using a home blood glucose meter (Discuss with your health-care provider how often you should measure your blood sugar level) Eating healthy meals and snacks Enjoying regular physical activity Aiming for a healthy body weight 	
<p>Green Zone: All Clear - This zone is your target!</p> <ul style="list-style-type: none"> Blood sugar below _____mmol/L before each meal. Blood sugar below _____mmol/L at bedtime. Blood sugar below 4 mmol/L. No more than two times per week. 	<p>Your symptoms are under control. Go to your scheduled Doctor/NP and Diabetes Clinic appointments. Check your feet daily and make an eye appointment every one to two years.</p>
<p>Yellow Zone: Caution - This zone is a warning!</p> <p>Low Blood Sugars</p> <ul style="list-style-type: none"> If you feel sweaty, shaky, weak, dizzy or not yourself. 	<p>Check your blood sugar treat as instructed by your health care team</p>
<ul style="list-style-type: none"> Blood sugar below 4 mmol/L more than two times a week. 	<p>You may need to lower your insulin Call your Doctor/NP or Diabetes Team for instructions.</p>
<p>High Blood Sugars</p> <ul style="list-style-type: none"> If you have unexplained: thirst, urinating often, feeling irritable or not yourself. 	<p>Check your blood sugar treat as instructed by your health care team</p>
<ul style="list-style-type: none"> If blood sugars are above target more than three times per week. 	<p>You may need more insulin Call your Doctor/NP or Diabetes Team for instructions.</p>
<p>Red: Emergency - This zone means act fast!</p> <ul style="list-style-type: none"> Cannot keep your blood sugar above 4mmol/L 	<p>CALL 911 if your if unable to rise blood sugars above 4 mmol after treating</p>
<ul style="list-style-type: none"> Have a blood sugar above 14mmol/L plus ketones two times in a row, which has not improved despite having taken extra corrective insulin Have signs of Diabetes Keto Acidosis (DKA). Some signs of DKA are vomiting, stomach pain, sunken eyes, trouble breathing. 	<p>Go to Hospital</p>

- Guidelines for Use:**
1. Primary nurse to complete and review with patient prior to discharge
 2. Nurse to photocopy Page 1 only and place in patient chart
 3. Hardcopy to be given to patient at discharge