



# Living with Diabetes: Going Home Guide

Resident & Caregiver Education Sheet

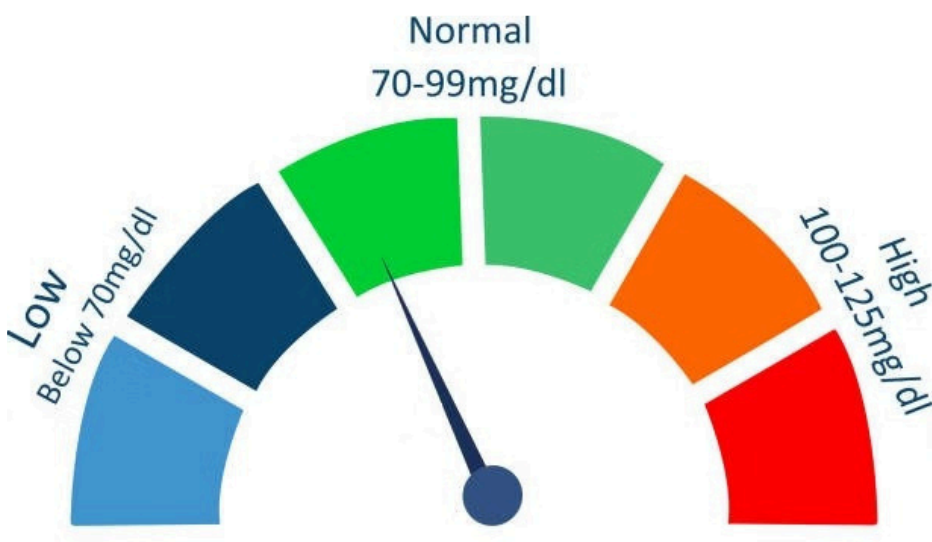
## What Is Diabetes?

Diabetes means your blood sugar is too high.

Blood sugar gives your body energy, but too much can hurt your body.

Keeping your blood sugar in a healthy range helps you:

- Feel better
- Heal faster
- Protect your eyes, kidneys, heart, and feet



BLOOD SUGAR LEVELS (FASTING)

## Check Your Blood Sugar

Your nurse or doctor will tell you how often to check your blood sugar.

- Check at the times you were told
- Write your numbers down (or use your meter/app)
- Bring your numbers to your doctor visits

### Call your doctor or nurse if:

- Your blood sugar is often too high or too low
- You feel dizzy, shaky, very tired, or confused



## Take Your Medicines

You may take **diabetes pills, insulin, or GLP-1 shots** to help control your blood sugar. Common examples include **metformin, glipizide, insulin, Ozempic, and Trulicity**.

- Take your medicine as told.
- Do not skip or double doses
- Store insulin the right way
- Refill your medicine before you run out

### Call your doctor or nurse if:

- You miss doses often
- You are not sure how to take your medicine
- You have side effects

## Follow-Up Care

- Keep your doctor appointments
- Bring your blood sugar numbers with you
- Ask questions if you are unsure about anything

## Stay Active

Being active helps lower your blood sugar.

- Try to move your body every day
- Walking is great exercise
- Start slow and do what feels safe for you

Ask your doctor what activities are safe for you.

## Eat Healthy Foods

You do not need special food, but you should eat healthy meals.

Try to:

- Eat regular meals (do not skip meals)
- Choose more:
  - Vegetables
  - Lean protein (chicken, fish, eggs)
  - Whole grains
- Eat less:
  - Sugary drinks
  - Candy and sweets
  - Fried foods

Drink water instead of soda or juice.

## Take Care of Your Feet

Diabetes can hurt your feet if you do not take care of them.

- Check your feet every day
- Look for cuts, sores, redness, or swelling
- Wash and dry your feet well
- Wear shoes that fit
- Do not walk barefoot

### Call your doctor or nurse if you see:

- A sore that does not heal
- Redness, swelling, or pain
- Numbness or tingling

## Know the Signs of Low and High Blood Sugar

### Low blood sugar (too low):

- Shaky
- Sweaty
- Dizzy
- Hungry
- Confused

### High blood sugar (too high):

- Very thirsty
- Sweaty
- Peeing a lot
- Very tired
- Blurry vision

Tell your nurse or doctor if you have these often.

### Call 911 right away if you:

- Pass out
- Cannot be woken up
- Have very high or very low blood sugar that does not get better
- Feel very sick, very confused, or very weak

## Questions or Concerns?

Have questions or concerns about your diabetes care?

**Call your doctor or nurse.**

*This handout is for education only and does not replace medical advice.*