Diabetes Stoplight Tool

Every Day

• Take your medications as prescribed at the same times each day.
• Eat a balanced diet spread throughout your day. DON’T SKIP MEALS!
• Be as active as you are able.
• Test and control your blood sugar as ordered.

Green Zone

• You DO NOT have symptoms of high or low blood sugar.
• You are able to take your medications as prescribed.
• You are following your prescribed diet and exercise program.
• You are testing your blood sugar regularly, as prescribed.
• Your blood sugar is in the recommended range.
• You are able to keep your home care nurse and/or doctor appointments.
• You are following the “Rate your Plate” guidelines.

ALL CLEAR! This zone is your goal. Keep up the good work!

Yellow Zone

• You are not able to take medications as prescribed or test your blood sugar.
• Your blood sugar is under 70 and does not come up with increased carbohydrate intake (juice, milk, glucose gel or tablets).
• Blood glucose is over 200 on 3 tests in a row.
• You have a fever of greater than 101 degrees Fahrenheit.
• Vomiting or diarrhea lasts for more than 6 hours.
• You are not able to eat due to upset stomach or vomiting.
• New sore or problem with your feet
• Not able to do your normal activities and/or follow your exercise program
• Trouble with dizziness, confusion, increased thirst or urination, or blurred vision

CAUTION! This zone is a warning and you should call your doctor.

Red Zone

• Your blood glucose is under 50.
• You are unable to stay awake, even during the day.
• You are very confused or cannot think clearly.
• You have difficulty speaking or slur words.

EMERGENCY! Call 911 or have someone take you to the Emergency Room!

Reference: [www.ihi.org](http://www.ihi.org) CareNotes® Diabetes Mellitus in Adults - General Information