Diabetes Stoplight Tool

The following 2-page tool was developed by Sutter Care at Home and was based upon current health literacy best practices and field tested in clinical settings.

It may be used by you and reproduced for your use without charge from Sutter Care at Home under the following conditions:

1. Your reproduction includes the citation printed on the bottom of the form.
2. The content can only be reproduced in whole and cannot be altered.
3. There can be no commercial use.
# Controlling diabetes at home

| Did I test my blood sugar? | I tested my blood sugar. | I did not or cannot test my blood sugar because I:  
- Forgot or am out of strips  
- Am not sure how to do it  
- Do not feel like I need to | I did not or cannot test my blood sugar and I feel:  
- Sweaty or shaky  
- Light-headed  
- Confused |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>What is my blood sugar?</td>
<td>My blood sugar is:</td>
<td>Treat blood sugar if it is:</td>
<td>Call now if blood sugar is:</td>
</tr>
<tr>
<td></td>
<td><strong>Between 70-130</strong></td>
<td>Low (less than): ____ or High (more than): ____</td>
<td>Low (less than): ____ or High (more than): ____</td>
</tr>
<tr>
<td></td>
<td>(fasting/before a meal)</td>
<td>(See back of form for how to treat)</td>
<td>(See back of form for how to treat)</td>
</tr>
<tr>
<td></td>
<td><strong>Less than 180</strong></td>
<td>Call today if blood sugar is:</td>
<td>Or if after treatment I still feel:</td>
</tr>
</tbody>
</table>
|                           | (2 hours after a meal)  | - Still in yellow zone after treatment             | - Sweaty or shaky  
- Light-headed  
- Confused |
| How do my feet look?      | I do not have any wounds on my feet. | I have a wound on my foot that is not healing after 1 week. | I have a wound on my foot that is not healing after 2 weeks. |
| Did I miss any doses of medicine? | I did not miss a dose. | I missed at least 1 dose in the last 24 hours because I:  
- Am out of medicine  
- Am not sure how to take my medicine  
- Do not feel like I need it | I did not take my medicine and I:  
- Need to pee more  
- Feel more thirsty or hungry than usual  
- Have less energy |

---

Developed by the Sutter Center for Integrated Care, 2013. For permission to reproduce please email centerforic@sutterhealth.org.
Treating my blood sugar

Signs of low blood sugar:
• Feeling sweaty or shaky
• Feeling light-headed or dizzy
• Feeling confused

To treat low blood sugar:
1. Do one of these:
   • Eat 4 glucose tablets or
   • Eat 4 teaspoons of sugar or
   • Eat 8 hard candies (such as Life Savers) or
   • Drink 1/2 cup of fruit juice or low fat milk or
   • Drink 1/2 can of regular soda (not diet)
2. Wait 15 minutes.
3. Retest blood sugar. If still low, treat again.
4. Wait 15 minutes.
5. Retest blood sugar. If still low, take action and call your health care provider.

Signs of high blood sugar:
• Need to pee more often
• Feel more thirsty or hungry than usual
• Have less energy than usual

To treat high blood sugar:
• Drink some water
• Sit or lie down
• Take a short, easy walk

My plan for controlling diabetes at home

☐ Take my medicine

☐ Check my blood sugar:
   • Every day and at different times each day
   • More often if I am sick
   • Before driving

☐ Carry a source of sugar in my purse or wallet

☐ Care for my feet and skin

☐ Eat healthy meals

☐ Get exercise each day

Your care team will work with you to set goals so you can stick to your plan.