Living with Diabetes: Going Home Guide

Resident & Caregiver Education Sheet

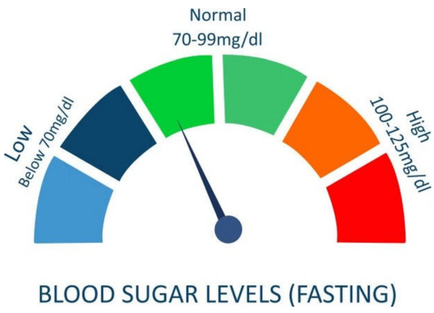
What Is Diabetes?

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



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.