

WHEN TO CALL THE DOCTOR

Calling the doctor or health clinic is always a good idea if you are having a problem with your diabetes care. But, one can be unsure at times about when to call.

Here are some times when you should always call the doctor or diabetes clinic:

- Whenever your blood sugar is above 300 and you cannot lower it.
- When your blood sugar is higher than your goal for 2 or 3 days and you don't know why.
- If you have ketones.
- When your blood sugar stays below 70 even after you have treated for a low blood sugar problem.
- Whenever you have a bruise, cut, or other injury – especially on your feet – that is getting worse rather than better.



- Any time you cannot remember how much diabetes medicine to take, when to take your medicine, or what to do if you forget to take a dose of medicine.
- If you are sick and cannot hold down food because of diarrhea or vomiting.
- Any time you take a new medicine, either from a doctor or one you buy yourself, such as a cough or cold medicine.

Keep this simple reminder in a handy place, such as on the refrigerator or medicine cabinet. Calling your doctor or diabetes clinic when you have a problem controlling your diabetes is always the right thing to do.

