Diabetes Medications

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<th>How Much to Take</th>
<th>When to Take</th>
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Monitoring

- Monitor your blood glucose _______ times/day.
- If your blood glucose is above _______ or below _______, call your physician.

If you experience any of the symptoms below, your blood glucose may be low.

**Check your blood sugar.**

- Shaking
- Fast Heartbeat
- Sweating
- Anxiousness
- Dizziness
- Hunger
- Headache
- Irritability
- Impaired Vision
- Weakness
- Fatigue

If your blood glucose is lower than 70 mg/dL*

- Eat something with glucose in it (hard candy, sugar-sweetened soda, orange juice, or glass of milk).
- Have a snack (eg, 1/2 a sandwich) if the next meal is more than 30 minutes away.

If you experience any of the symptoms below, your blood glucose may be high.

**Check your blood sugar.**

- Extreme Thirst
- Frequent Urination
- Hunger
- Dry Skin
- Blurred Vision
- Drowsiness
- Nausea

If your blood glucose is higher than 240 mg/dL*

- Check your urine for ketones; if positive:
  - Medications:
  - Diet:
  - Exercise:

*Values consistent with American Diabetes Association recommendations. Specific values should be established for each patient.

Update and discuss annually with your physician.

Patient Name: _______________________
Date: _______________________
Physician: _______________________
Phone: _______________________
Emergency Contact: _______________________
Phone: _______________________

Provided as an educational resource by Merck
Patient Action Plan

Exercise
- _______ times per week
- _______ minutes/session
- Target heart rate _________

Diet/Nutrition
- _______ calories/day
- _______ grams carbohydrates/day

Reminders
- Examine your feet daily for scrapes, cuts, bruises, etc. Report any of these or changes in feeling or sensation to your physician.
- Your next A1C test should be performed on:
  ____________________________
  DATE
- The next time you need an eye exam is:
  ____________________________
  DATE
- Your next microalbuminuria/kidney function test is:
  ____________________________
  DATE

When you are ill...

Sick Day Management
- Continue taking your diabetes medication
- Check your blood glucose every 3 to 4 hours
- Check urine for ketones if blood glucose is 240 mg/dL or higher
- Drink plenty of liquids
- Eat regularly (soup, toast, and juice are good choices if your stomach is upset)
- Call the physician if _________________

Questions
To ask your doctor on your next visit: ____________

Signatures:

________________________________________

Patient

________________________________________

Physician