

**DIABETES HOME ACTION PLAN FOR BLOOD GLUCOSE (BG) TESTING**  
 BG should be checked before meals and snacks and at bedtime on a routine basis.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

MY TARGET BG RANGE IS \_\_\_\_ TO \_\_\_\_

BG 60 & BELOW & CHILD IS ALERT	BG 60 & BELOW CHILD NOT ALERT	FOR BG 61 - 239	BG OF 240 OR GREATER	
<p><b>For blood glucose of 60 or below and your child is alert and able to swallow.</b></p> <p>1. Give one item from the Fast Acting Glucose List Stop Pump</p> <p><b>Fast Acting Glucose List:</b>                      15 grams of glucose tablets                      15 grams of glucose gel                      4 oz of orange or apple juice                      4 oz grape juice or sugared soda                      ½ tube cake mate gel                      3 tsp sugar or honey</p> <p>2. Then wait 15 minutes and recheck blood glucose (don't give anything else to eat or drink during this time).</p> <p>3. If the repeated Blood Glucose is less than 70, then repeat steps 1 and 2.</p> <p>4. If your child is on an insulin pump suspend the pump until BG is 70 or above</p> <p>5. If the repeated Blood Glucose is 70 or above, give a carbohydrate and protein snack (crackers &amp; cheese or peanut butter).</p> <p>6. Or, if the child is scheduled to eat a meal in an hour or less, then let them eat early</p>	<p><b>For Blood Glucose 60 or below and child is unable to swallow follow these steps</b></p> <p><b>1. Give Glucagon injection Using dose chart below:</b>                      4 years old or less give 0.3cc                      5 years to 18 years give 0.5cc                      Over age 18 give 1 (one) cc</p> <p><b>2. Turn the child on their side and open the airway.</b></p> <p><b>3. Call 911</b></p> <p><b>THEN</b>  <b>Call Endocrine Emergency # (800) 453-0491 option #1</b></p> <p>Glucagon can sometimes cause a child to vomit. Make sure you turn your child on their side to prevent choking.</p> <p>Glucagon can take 5 – 10 minutes to work.</p> <p>Recheck BG 10 minutes after you gave the Glucagon.</p> <p>Check expiration date on Glucagon kit on a regular basis.</p> <p>When mixing Glucagon, swirl the liquid and powder together, do not shake vial.</p> <p><b>If your child is experiencing frequent BG lows, call our clinic 619 532-6896 to discuss the issue with your physician.</b></p>	<p>1. If this BG check is at a meal time, add together the BG insulin and the Carb ratio insulin and give both together</p> <p>2. Recheck BG at the next regularly scheduled time, and give an insulin dose according to BG and or carb ratio.</p> <p>3. If the child feels ill, especially nausea or vomiting then also check ketones. Get advice on how to best care for your child in this situation by calling us. <b>Endocrine Pager: (800) 453-0491 option 1</b></p> <p>. If the child continues to feel ill, recheck BG every 3 hours and give a correction if needed.</p> <p><b>If child has trace to small ketones also give 8 to 16 oz of water every hour until ketones are negative. Recheck BG @ 0200 if bedtime glucose is 100 or less</b></p>	<p><b>BG 240 &amp; above with Ketones negative, trace, or small.</b></p> <p>1. Calculate correction factor and give insulin if it has been <u>at least 3 hours</u> since last insulin does, then give the calculated amount of insulin.</p> <p>2. Recheck BG every 3 hours and give a correction if needed until BG is below 240.                      (Don't exercise until ketones are negative).</p> <p>3. Give 8 – 16 ounces of water until BG is below 240 <u>and</u> ketones are negative.</p> <p><b><u>If your child is experiencing frequent highs , contact the Endocrine Clinic to discuss the issue.</u></b></p> <p><b>Bottles of Ketone strips should be discarded 60 days after opening.</b></p> <p><b>Insulin bottles should be discarded 30 days after first used.</b></p>	<p><b>BG 240 &amp; above with Ketones moderate or large:</b></p> <p><b>1. Call the Endocrine Emergency Pager:</b>                      (800) 453-0491                      Option 1</p> <p><b>1. Calculate the amount of insulin your child usually would give but wait until the Endocrine Doctor calls back to confirm the dose. The MD may adjust the dose.</b></p> <p><b>Don't exercise until Ketones are negative</b></p> <p><b>2. Give 8 – 16 ounces of water every hour, and recheck the blood glucose every 2 hours</b></p> <p><b>3. Give the calculated correction every 2 hours until the ketones are negative and the BG is below 240</b>                      * <b>You can only give a dose of insulin every 2-3 hours unless directed otherwise by your physician</b></p>