

When to Call the Doctor

This handout describes signs and symptoms to watch for. Call your doctor if you have any of these signs or symptoms.

High blood sugar

- Over 240, two or more times
- Warning signs of high blood sugar
 - Very thirsty
 - Cannot urinate
 - Eyesight is blurry or cannot see well
 - Lose 2 to 3 pounds in a week

Low blood sugar

- Below 100 is too low for most people
- Ask your doctor what number is too low for you
 - Write it down: _____
- Warning signs of low blood sugar
 - Cranky, tired, or confused
 - Shaky or sweaty
 - Headache or lightheaded
 - Pass out or faint

High urine ketones

- Ask your doctor how to check your urine for ketones

Signs of illness

- High fever that does not go away
- Vomit or throw up a lot (cannot keep food or drink in stomach)
- Runny stools or diarrhea that does not go away

Problems with insulin shots

- Cannot draw up drug
- Cannot inject drug

Foot ulcer

- Any sore on foot that does not heal right away

When to Call the Doctor

New chest pain or short of breath

- When you do usual activities
 - Eat
 - Sit
 - Walk a short distance
 - Walk up stairs
 - Bathe, shower, or use toilet
 - Sleep

New eye or vision problem

- See dark spots or rings
- Cannot see well from the side
- Cannot see well in dim light
- See two things when there is only one (double vision)
- Pain or pressure in eye

Other problems

- Weak or numb feeling in face, arm, or leg
- Hard to speak or swallow
- Dizzy or faint
- Very confused
- Cannot remember things
- Seizure, fainting spell, or black out

Provider information

- Name of care provider: _____
- Phone number to call: _____
- Emergency care phone number: _____
- Emergency care location: _____