

# How to Use the Blood Sugar Range Chart

- Fill in your personal levels for each blood sugar range based on **your** T1D management, **consulting with your health care team** for accuracy.
- We recommend filling out the form *before* printing to ensure it is legible during emergency situations.
- For each range, include **your typical symptoms** as well as **emergency symptoms**. For a list of potential symptoms to include, review the following resources:
  - [Hypoglycemia: Low Blood Sugar in Adults](#)
  - [Lows and Highs Blood Sugar Levels](#)
- Make sure to talk with your roommates, friends and resident advisor (RA) about your blood sugar ranges, what to do in an emergency and when to call 911.

## For Action Plans:

- **Consult with your health care team** for what steps to include in each section based on best practices and your personal plan of care.
- Make sure to **talk with our health care team about emergency planning** and ensure you fully understand what symptoms to watch for and what action to take.
- Show your roommate, close friends and RA how to check your glucose readings in an emergency situation and if you are using a CGM with the option to have followers, talk with them about being added.
- Be sure to show your RA and roommate how to use Glucagon or Baqsimi in case of extreme lows and attach instructions to your chart. (Confirm with your school about what your RA is legally allowed to administer in the case of an emergency. Baqsimi may be easier to use for people uncomfortable with needles or unfamiliar with diabetes.)
- Make sure your roommate, friends and RA know where your low blood sugar supplies are kept in your dorm room (including Glucagon or Baqsimi).
- Keep extra ketone sticks on hand for when you are sick or have prolonged high blood glucose readings.
- Include your main emergency contact numbers (i.e. parents/caregivers, siblings, partner, etc.) in your action plan.
- Make copies of the chart for those you think need it, and be sure to keep a copy in your dorm room and on your phone.

***Reassure roommates, friends and RAs that you are not asking them to take on managing your T1D, but you may need them in emergency situations.***




Check out all DHF's free transition resources!

[www.diabeteshopefoundation.com](http://www.diabeteshopefoundation.com)



# Blood Sugar Chart

<b>DANGEROUS HIGH</b> _____ mmol/L <b>OR HIGHER</b>	<b>Symptoms</b>	<b>Action Plan</b>
<b>VERY HIGH</b> _____ mmol/L to _____ mmol/L	<b>Symptoms</b>	<b>Action Plan</b>
<b>HIGH</b> _____ mmol/L to _____ mmol/L	<b>Symptoms</b>	<b>Action Plan</b>
<b>COMFORTABLE</b> _____ mmol/L to _____ mmol/L	 <p><i>I have type 1 diabetes. This chart contains important information about my diabetes management. In case I am unresponsive or confused, follow the action plans. If I am unconscious, call 911.</i></p> <p><b>Emergency Contact 1:</b> _____</p> <p><b>Emergency Contact 2:</b> _____</p>	
<b>LOW</b> _____ mmol/L to _____ mmol/L	<b>Symptoms</b>	<b>Action Plan</b>
<b>VERY LOW</b> _____ mmol/L to _____ mmol/L	<b>Symptoms</b>	<b>Action Plan</b>
<b>DANGEROUS LOW</b> _____ mmol/L <b>OR LOWER</b>  <b>**If I am unconscious.            call 911.**</b>	<b>Symptoms</b>	<b>Action Plan</b>