



When do I need to call my doctor?

After you go home, always call your doctor if you have any of these problems:



1. Your **blood sugar is higher than 240** (or the number that your doctor told you to use), two times in the same day and you don't know why.

2. Your **blood sugar is less than 70** two times in the same day and you don't know why.



3. You have **a fever of 101.5° or more.**

4. You are **dehydrated, have severe stomach pain** or have **other symptoms you can't explain.**

5. You are **sick more than two days.**



6. **You have diarrhea more than 5 times or for more than 6 hours.**

7. You **vomit for more than one day.**

8. You find **blisters, redness, swelling, burns, splinters, bleeding or oozing of fluid, or black and blue marks on your feet.**



If you are not sure you need to call, it's still a good idea to call.

You can prevent a serious problem.

Write down your Doctor's name and phone number here.

Please call 1-800-SENTARA (736-8272) to sign up for the "Healthy Living with Diabetes" classes.