

# Patient Education

**Patient:** joe

**Diagnosis:** Type 1 Diabetes Mellitus

## What is this condition?

Type 1 Diabetes Mellitus

## When to seek immediate help

Call 911 or go to the emergency room if you have:

- Blood sugar over 300 mg/dL
- Blood sugar under 70 mg/dL
- Fruity-smelling breath (DKA concern)
- Severe confusion or unconsciousness
- Excessive thirst despite drinking
- Nausea and vomiting with high blood sugar

## Your Medications

### **Insulin Lispro (Humalog)**

Take Variable units Before meals

### **Insulin Glargine (Lantus)**

Take Variable units Once daily

## Diet and Lifestyle

Carbohydrate counting essential. Consistent meal times. Balanced diet with complex carbs, lean protein, healthy fats.

## Learn More

For more information, visit these trusted resources:

- **Diabetes Type 1**

[https://medlineplus.gov/diabetestype1.html?utm\\_source=mplusconnect&utm\\_medium=service](https://medlineplus.gov/diabetestype1.html?utm_source=mplusconnect&utm_medium=service)

*Source: MedlinePlus*

## Follow-up Care

Follow up with endocrinologist every 3 months. A1C check every 3 months.

## Special Instructions for You

sleep well and relax