

About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

Date: _____ **Time:** _____

Notes by crew:

Blood Glucose



Managing Care After Injury or Illness



Blood Glucose

Abnormal blood sugar (glucose) levels can be the result of diabetes, taking too much insulin, inadequate food intake, excessive physical activity, or a variety of other medical conditions.

The ambulance crew may have administered medication or sugars to improve your condition. This improvement after treatment is often only temporary and you may be at risk for the problem to reoccur. We are concerned for your health and safety and offer the following recommendations.

What To Watch For

If you have decided not to be transported by MedStar to a medical facility, contact your doctor or seek other medical attention if any of the following develop:

- A decline in the level of consciousness, confusion, unexplained behavior or personality changes.
- Unexplained weakness, drowsiness, sleepiness, or inability to perform usual activities.
- Profuse sweating, unresponsiveness, or seizures.
- Profound thirst, lack of urine output or fruity odor (ketones) of the breath.

Consider These Actions Following An Episode of Low Blood Sugar

- Eat a balanced meal right away. Take your medication as prescribed. If you were given sugar or medicine by the ambulance crew, the benefit is short term.
- If you are trained to do so, recheck your blood sugar again over the next few hours. Continue to check and record your urine or blood as advised by your doctor.
- Make certain that you are not alone and that you are observed by a competent friend or family member for the next few hours or longer.
- Avoid driving or strenuous activity until your blood sugar is within normal limits.
- Contact your doctor and inform them that an ambulance was called for you. If the ambulance crew tested your blood sugar, tell your doctor the measurement number written below.
- **If needed, seek additional help by contacting your doctor or medical facility, going to the hospital emergency room or contact the ambulance again by calling 9-1-1.**

The sugar (glucose) level in your blood measured by MedStar was:

HIGH LOW NORMAL (80-140)

Your glucose was _____mg/dl

at _____am/pm on ____/____/____