

Check-list for newly diagnosed diabetes

If you've just been told you have diabetes, don't be disheartened. With proper treatment and some adjustment to your lifestyle, you can manage diabetes and lead a healthy life.

Here's what to do:

Check your blood glucose often

- Together with your doctor, set your [blood glucose goals](#).
- Keep a [diary](#) of your blood glucose readings especially if you are on insulin.

Keep all doctor appointments

- Take your diabetes pills or insulin on time.
- Bring your blood glucose diary when you see your doctor.
- Let your doctor know what other medicines (including traditional Chinese medicines) you take.

Enjoy a healthy lifestyle

- Have regular meals and don't skip meals.
- Eat a healthy and balanced [diet](#).
- Exercise (e.g. brisk walk, jog, swim or cycle) at least 20 minutes every day or 150 minutes a week.
- Have enough rest. Sleep seven to eight hours every night.
- Learn to relax and reduce stress.

Plan for sick days

- Look out for symptoms of [high blood glucose](#), [low blood glucose](#) or [ketones](#) and know how to manage them.
- Wear a medical identification tag such as a medical bracelet.
- Carry small packets of sugar or sugary snacks (e.g. raisins or candies) with you.



Your doctor will help you set blood glucose goals. Write them in this table to remember them.

Time	Plasma blood glucose values for adults with diabetes (mmol/L)	My blood glucose goals
Before a meal (fasting)	4.0 to 7.0	
2 hours after a meal	Less than 10.0	
HbA1C	Less than 7%	

Source: MOH Clinical Practice Guidelines for Diabetes 1/2014, Ministry of Health Singapore.



Keep a copy of this table in your wallet or snap a photo of it with your handphone to remind you of your goals. If your blood glucose levels are too high or too low, or you have ketones and are not sure what to do, see your doctor for advice.