



CARE INSTRUCTIONS

KAISER PERMANENTE

Prediabetes: Care Instructions

Your Kaiser Permanente Care Instructions

Prediabetes is a warning sign that you are at risk for getting type 2 diabetes. It means that your blood sugar is higher than it should be. Most people who get type 2 diabetes have prediabetes first. The good news is that lifestyle changes may help you get your blood sugar back to normal and avoid or delay diabetes. Also, pregnant women who get gestational diabetes may have prediabetes first.

Type 2 diabetes is a lifelong disease in which the body does not respond properly to a hormone called insulin or does not make enough of the hormone. Insulin helps sugar from your food enter your body cells to be used as energy.

Without insulin, the sugar cannot get into the cells to do its work. It stays in the blood instead. This can cause high blood sugar levels. A person has diabetes when the blood sugar stays too high too much of the time.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Watch your weight. A healthy weight helps your body use insulin properly.
- Eat a balanced diet. This may help you prevent or delay diabetes. Try to eat an even amount of carbohydrate throughout the day. This can help you avoid sudden peaks in blood sugar.
- Ask your doctor if you should see a dietitian. A registered dietitian can help you develop a meal plan that fits your lifestyle.

Prediabetes: Care Instructions (Page 2 of 2)

- Get at least 30 minutes of exercise on most days of the week. Exercise helps control your blood sugar. It also helps you maintain a healthy weight. Walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Do not smoke. Smoking can make prediabetes worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- If your doctor prescribed medicines, take them exactly as prescribed. Call your doctor if you think you are having a problem with your medicine. You will get more details on the specific medicines your doctor prescribes.

When should you call for help?

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have any symptoms of diabetes. These may include:
 - Being thirsty more often.
 - Urinating more.
 - Being hungrier.
 - Losing weight.
 - Being very tired.
 - Having blurry vision.
- You have a wound that will not heal.
- You have an infection that will not go away.
- You have problems with your blood pressure.
- You want more information about diabetes and how you can keep from getting it.

Where can you learn more?

Go to <http://www.kp.org>

Enter **I222** in the search box to learn more about "**Prediabetes: Care Instructions.**"

© 2006-2016 Healthwise, Incorporated. Care instructions adapted under license by Kaiser Permanente. This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.