Protocol for a Patient with Symptoms of Hyperglycemia  
(Newly Diagnosed DM)

Practitioner plan if the patient has symptoms of high glucose levels

If a patient notes any of the following symptoms:

Increased urination

Increased thirst

Blurred vision

Weight loss

Feeling weak or run down, then...

A. Check a glucose with glucometer. Note the time of the patient’s last meal.
B. If the BG > 125mg/dl and the patient has not eaten in the past 4 hours or if the BG is > 200mg/dl at any time then the MA or nurse should initiate the following:

1. Give patient a diabetes information packet
2. Refer to Diabetes Self Management Education
3. Complete a lab slip for HbA1c, CMP, lipids, spot microalbumin/ cr ratio
4. Teach glucometer use and use of glucose log sheets
5. If the patient’s glucose > 300 mg/dl then gather information on insulin use
6. Check HbA1c in office (if applicable)
7. Review signs, symptoms and treatment of hypoglycemia
Newly Diagnosed: FGB < 250 mg/dl or Random Blood glucose < 300 mg/dl

1. Discuss life style modifications and a healthy meal plan with Plate Method with the patient. Give sample Plate Method sheet
2. Refer the patient for Diabetes Self Management Education/Training (DSME)
3. Unless contraindicated, begin metformin 500mg at breakfast and dinner for 2 weeks and then increase to 1000mg at breakfast and dinner
4. Follow-up in two weeks: if the BG > 150mg/dl then check that patient is taking metformin regularly. If so, start glipizide 5mg at breakfast and dinner. If Glucose levels remain elevated after 2 weeks then change to 10mg at breakfast and dinner (or equivalent dose of extended release each day)
5. Review signs, symptoms and treatment of hypoglycemia (give patient handout on hypoglycemia)

Newly Diagnosed: FBG > 250mg/dl or Random BG >300 mg/dl

1. Refer to Insulin Start Protocol