

糖尿病 运动清单

运动是保持健康和强健体魄的好方法，也是糖尿病管理的重要组成部分。如果患有糖尿病，则需要为运动制定额外的计划，以确保血糖保持在安全范围内。一定要记住，运动因人而异。运动管理计划取决于个体血糖变化规律。请经常检查血糖水平（运动前、运动中和运动后）以确定变化规律，并与糖尿病团队合作制定运动计划。

运动如何改变血糖：

- 血糖通常会下降（降低），因为肌肉会消耗额外的葡萄糖。可能会在运动中、运动后立即，甚至运动后数小时下降。
- 有些类型的运动最初可能会导致血糖升高。*

每次运动或进行体力活动之前：

检查血糖。

- 血糖低吗？自行治疗低血糖，然后吃点零食。等到感觉好些后再运动。
- 血糖高吗（超过 250）？检查酮体。如果酮体中度或偏高，请勿运动。按照医生的建议处理酮体。
- 血糖在目标范围内吗？每运动 30 到 60 分钟，额外摄入 15 克碳水化合物。也可以在运动前的餐食或零食中减少速效胰岛素的注射量。

确保佩戴注明患有糖尿病的医疗识别饰物。

除了常用的糖尿病用品外，还需准备一个装有以下物品的包：

- 葡萄糖片、糖果或果汁
- 饼干和奶酪、三明治或一些健康零食
- 糖尿病用品（血糖仪、试纸等）
- 一大瓶水

*如果血糖值在运动初期升高，请勿急于纠正。请等待几个小时，看看血糖是否会回落。如果血糖未回落到目标范围，可以先给予通常校正剂量一半的胰岛素，然后再重新评估。如需详细指导，请参阅粉红豹糖尿病手册（第 13 章）。

如欲了解更多信息

- 糖尿病科
206-987-2640
- 咨询孩子的医务人员
- seattlechildrens.org

免费口译服务

- 在医院内，请咨询护士。
- 在医院外，请拨打家属免费口译热线：
1-866-583-1527。告诉口译员您呼叫对象的姓名或分机号码。



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Seattle Children's 为失聪、听力障碍或使用非英语语言的患者、家属和法定代表提供免费口译服务。Seattle Children's 将应要求以其他格式提供这些信息。请致电 Family Resource Center（家属资源中心），电话 206-987-2201。本手册已由 Seattle Children's 的临床工作人员审查。尽管如此，具体需求因人而异。在根据或依赖这些信息采取行动之前，请先咨询医务人员。

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7/23
PE2623SC

Exercise Checklist

For Diabetes

Exercise is a great way to keep fit and stay healthy and is also an important part of diabetes management. Exercise requires additional planning when you have diabetes, to ensure that blood glucose stays within a safe range. It is important to remember that everyone is different. Your individual blood glucose patterns will determine your management plan for exercise. Check blood glucose levels often (before, during, and after exercise) to find patterns, and work with your diabetes team to come up with a plan.

How blood glucose can change with exercise:

- The blood glucose will often go down (drop) as the muscles use up extra glucose. This can occur during, immediately after, or even hours after exercise.
 - Some types of exercise may cause the blood glucose to rise at first.*
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Each time before you exercise or do physical activity:

Check your blood glucose.

- Is your blood glucose low? Treat yourself for hypoglycemia, and then eat a snack. Wait until you feel better before exercising.
- Is your blood glucose high (over 250)? Check for ketones. If ketones are moderate or large, **do not exercise**. Treat ketones as recommended by your doctor.
- Is your blood glucose in target range? Eat an extra 15 grams of carbohydrate for every 30 to 60 minutes of exercise. You can also take less rapid-acting insulin at the meal or snack before the activity.

Make sure you're wearing medical ID jewelry that says you have diabetes.

Along with your regular diabetes supplies, pack a bag with the following:

- Glucose tablets, candy or juice
 - Crackers and cheese, a sandwich, or some healthy snack
 - Your diabetes supplies (meter, strips, etc.)
 - A big bottle of water
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*If your blood glucose initially rises with exercise, **do not** correct right away. Wait several hours to see if it comes back down. If your blood glucose does not come back down to target range, you may start by giving half the usual correction and then re-evaluating. Please refer to the Pink Panther book (Chapter 13) for further guidelines.

To Learn More

- Diabetes Clinic
206-987-2640
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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7/23
PE2623