



Diabetes Education

TESTING your blood glucose can help you figure out what you need to do to reach your glucose goals. Keeping your blood glucose within the target range **REDUCES** your risk of developing serious diabetes complications... You will also feel BETTER!



Reaching Your Goals

Remember:

Look for patterns in the record. In the example at the bottom of the page, the high carbohydrate intake at breakfast is contributing to the high blood glucose at 10:30.

Also, despite the walk the fasting blood sugar is still slightly high at 12:30. There are several ways to decrease carbohydrates in this meal; either eat 1 slice of toast or decrease juice to ½ a cup. Each example subtracts 15 grams of carbohydrates.

Record Your Blood Glucose:

Writing your blood glucose readings show how your lifestyle and medications affect your blood glucose levels.

***Your health care provider may recommend testing in the early morning hours if it is suspected that your blood glucose readings drop during sleep.*

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1 Step One: Check Your Blood Glucose Regularly

Your blood glucose numbers provide important information about:

- If your glucose is too high or too low.
- How well your food and drinks, diabetes medications and physical activity are working together.

The target blood glucose goals vary depending on the group. Speak with your diabetes care provider about what target glucose range is best for **YOU**:

Targets for blood glucose (<i>plasma values</i>)	American Diabetes Association	American Association of Clinical Endocrinologists
Fasting or before a meal	90-130 mg/dL	Less than 110 mg/dL
Two hours after the start of a meal	Less than 180 mg/dL	Less than 140 mg/dL

2 Step Two: Record Your Blood Glucose

What Can I Write:

1. Blood glucose readings at different times
(Fasting, two hours after the start of a meal, when you are **NOT** feeling well, in the middle of the night**)
2. Food and drinks (what kind, how much, time)
3. Physical activity (what kind, how long, time)
4. Diabetes medication (dose or how much, time)

• BLN has FREE log books. Call if you would like to order one.

Blood glucose 8am	Medication Breakfast 8:30am	Blood glucose 10:30am	Notes 11am to 12pm	Blood glucose 12:30pm
112 mg/dL	Metformin 500 mg 2 slices of toast 1 egg, 1 cup OJ (45 grams carbohydrates)	220 mg/dL	Walk 2 miles	138 mg/dL



Reaching Your Goals

3 Step Three: What Caused the High or Low Blood Glucose Readings?

Checking your blood sugar and writing it down is only half of the solution. It is very **IMPORTANT** to find out the cause of low or high blood glucose readings, and to **CORRECT IT**.

Remember:

Checking your blood sugar on a regular basis and writing down your blood sugar readings will help you understand what causes your blood glucose readings to be *HIGH* or *LOW*.

Once you know this, it is **IMPORTANT** to correct what causes your glucose levels to be out of range. Call your diabetes care team for help, if needed. Doing these things will help you keep your levels in target range, and help you feel better.

Why is my glucose reading high?	Solution Choices
Were your food portions of carbohydrates too large?	Choose smaller portions of carbohydrates. When you can replace with foods containing fiber.
Did you forget to take your diabetes medication?	Set reminders to take your medications on time. <i>...For Example, set an alarm on your meter or cell phone or write yourself a note.</i>
Does your medication dosage match your mealtime schedule?	Talk with your health care provider about changing the timing or dose of your medications to better fit the times when you eat.
Have you been less active than usual?	Find ways to be more active. Even 10 to 15 minutes of walking can help lower glucose levels.
Have you been under stress, in pain or sick? Have you started taking any new over-the-counter medications or an herbal supplement?	Explore if these or other factors might be making your glucose rise. Call your health care team if you need help.
Why is my glucose reading low?	Solution Choices
Did you skip a meal or eating less than usual?	Eat and drink enough carbohydrates at meals. Speak with your health care provider if you often skip meals.
Did you drink alcohol without eating?	If you choose to have alcohol, limit drinks to 1 to 2 a day and have them with a meal or a snack.
Have you been more active than usual? Activities such as shopping and physical therapy may lower your blood glucose levels.	Any increase in activity will increase your need for extra carbohydrates (<i>or less medication</i>)
Has there been a change in your diabetes medication or an increase from your current does?	Less medication may be needed.

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