Knowledge is Power

Know What Your Blood Sugar Numbers Mean

**When to Test** | **Goal**
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Fasting (first thing in the morning before eating or drinking anything) | 70 - 130
Before eating a meal | 70 - 140
1 hour after eating a meal | Below 180
2 hours after eating a meal | Below 140

This is the gold standard: it gives the insulin that your body produces or that you inject a chance to work and lower your blood sugar.
What if your blood sugar is too high?

Above 200 two hours after eating

Signs: blurry vision, frequent urination, excessive thirst, headache

Try the 2 W’s: Water and walking.
Any physical activity will help lower your blood sugar

Take your medication as prescribed.
Avoid self-adjusting doses of medication. When in doubt, call your doctor’s office.

Re-check your blood sugar after washing your hands.
What if your blood sugar is too low?

Signs: shaky, dizzy, sweating, confusion, rapid heartbeat

Test
A low blood sugar is a reading below 70

Treat with something sweet
(4 oz. of regular juice or soda; candy - avoid chocolate; dried fruit; a spoonful of honey, jelly, sugar or syrup - not sugar-free)

Re-test after 15 minutes
If your blood sugar is not above 70, re-treat. If blood sugar is above 70, eat a snack or meal.