

Knowledge is Power

Know What Your Blood Sugar Numbers Mean

When to Test

Goal

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?

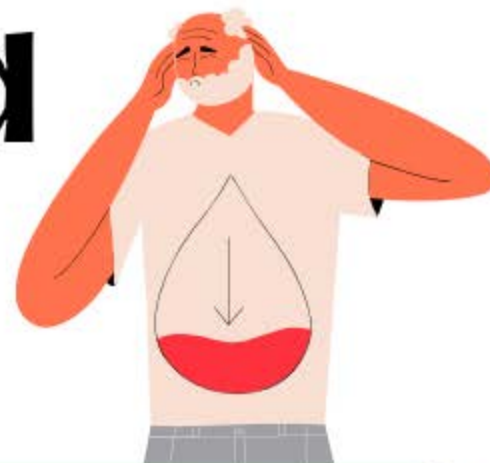


Above 200 two hours after eating

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.