

# Checking the Sugar in Your Blood if You Have Diabetes

You need to know how and when to check the sugar in your blood. Having too little sugar can make you feel tired and having too much sugar for a long time can cause problems with your eyes, kidneys and blood flow.

If you are not sure how to check your sugar with your glucose meter (the machine you use to check your blood sugar), then make sure to ask your pharmacist, nurse, dietician, or doctor.

Some people need to test several times a day, especially before eating, to know how much insulin to take. Others need to check a few times a week. Your healthcare provider will tell you how often you need to check.

It is very important for you to keep your scheduled medical appointments.

Checking your blood sugar allows you to know how your medicines are working for you. It may also help you make changes in your diet, exercise, and medicine that can improve your blood sugar. It can help you understand how to keep your blood sugar from being too high or too low.



It is a good idea to have a special notebook to write down your blood sugar. If writing numbers is hard for you, then your glucose meter can store the information in it. Be sure to bring either your notebook or your meter to all your medical appointments.

If you notice that sometimes your sugar is very low, below 70; or very high, above 350, then please alert your healthcare provider.

The goal for most people with diabetes is a blood sugar range between 70-140.

Things that may affect your blood sugar include what you eat, the medicines you take, stress, illness, pain, and exercise.

By checking your blood sugar and bringing those numbers to your appointment, the healthcare team can help you figure out how to keep your numbers in the right range.

My healthy range for my blood sugar is \_\_\_\_\_.

I will check my blood sugar \_\_\_\_\_ times a day.

I will test my blood sugar at these times \_\_\_\_\_.

