Tracking Your Blood Sugar Results

Keeping track of your blood sugar results will help your doctor decide the best treatment and to check how well your medicines are working for you. Your doctor will help you decide when to check your blood sugar each day.

For example, you may need to check your blood sugar:

- in the morning before you eat breakfast
- before and after meals
- at bedtime

It is important to write down in a notebook or in the log book that comes with your blood glucose (sugar) meter, your blood sugar results and the time of day you tested each time.

Be sure to also write down any things that might have affected your blood sugar, such as forgetting to take medication, when you had a meal, exercise, sickness, or other big events.

Here is a sample of how to write down your blood sugar results:

<table>
<thead>
<tr>
<th>Date</th>
<th>Before breakfast (fasting) blood sugar</th>
<th>2 hours after breakfast blood sugar</th>
<th>Pill or insulin taken</th>
<th>Before/2 hours after lunch blood sugar</th>
<th>Pill or insulin taken</th>
<th>Before/2 hours after dinner blood sugar</th>
<th>Pill or insulin taken</th>
<th>Bedtime blood sugar</th>
<th>Note (exercise, travel, sickness)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 10</td>
<td>95</td>
<td>160</td>
<td>NPH</td>
<td>101/165</td>
<td>-</td>
<td>101/165</td>
<td>-</td>
<td>110</td>
<td>Exercise</td>
</tr>
<tr>
<td>Oct 10</td>
<td>94</td>
<td>158</td>
<td>NPH</td>
<td>104/171</td>
<td>-</td>
<td>99/154</td>
<td>-</td>
<td>108</td>
<td>-</td>
</tr>
<tr>
<td>Date</td>
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</tbody>
</table>
The Association of Clinicians for the Underserved (ACU) has worked in partnership with Trividia Health, Inc. to develop and disseminate these educational materials and appreciates the funding to complete this national project.

Some blood glucose meters save blood sugar results and allow you to flag results with an event tag, similar to using a notebook.

**Event Tags**

- before meals
- sick
- exercise
- medication
- other

Some meters allow you to store your results in a computer, laptop, smart phone or into the cloud.

If you have one of these meters, make sure you have the correct date and time set on the meter and that you know how to store and/or transfer the results to your computer, laptop, smart phone or into the cloud.

**Bring your blood glucose meter and a record of your results (stored on the glucose meter or written in a notebook/log book) to all of your medical appointments.**

Your doctor and healthcare team will help decide your own blood sugar goals. The ranges for healthy blood sugar levels for most non-pregnant adults with diabetes are:

<table>
<thead>
<tr>
<th>Time</th>
<th>Blood Sugar Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before meals</td>
<td>80-130 mg/dL</td>
</tr>
<tr>
<td>1-2 hours after the</td>
<td>&lt;180 mg/dL</td>
</tr>
<tr>
<td>beginning of a meal</td>
<td></td>
</tr>
</tbody>
</table>

If your blood sugar falls below 70 mg/dL, then **eat something with sugar** in it, such as juice, hard candy, or fast-acting glucose (sugar), which provides a pre-measured dose of 15 grams of carbohydrate.² Test your blood sugar again after 15 minutes.

If it is still **below 70 mg/dL**, eat another serving and continue these steps until your blood sugar is **at least 70 mg/dL**.

If your blood sugar falls very low (below 54 mg/dL),¹³ **eat something with sugar** in it, such as juice or hard candy, and **contact your healthcare provider**.

Also, if your blood sugar is very high (above 240 mg/dL),⁴ you should contact your healthcare provider.

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