

TRACKING BLOOD SUGAR RESULTS

It is important to write down your blood sugar (glucose) levels and share them with your healthcare provider. The blood sugar readings will help your healthcare provider understand how to keep your blood sugar in a healthy range.

Writing down the results helps you see patterns in blood sugar results over time.

Use:

- the log book that comes with your glucometer
- a form given to you by your healthcare provider
- or a notebook.



If you have a glucometer that stores blood sugar results, bring the glucometer to your medical appointment.

Your log should list:

- Blood sugar results at different times of the day
- Name and dose of your medicines
- Things that may affect your blood sugar:
 - Forgetting to take your diabetes medication
 - How much and what type of exercise you are doing
 - Eating more or less food than usual
 - Going to a special event or being on vacation
 - Being under stress, such as being sick or upset

Sample recording form

Daily Diabetes Record									
	Fasting blood sugar	After breakfast sugar	Pill or Insulin taken	Before/after lunch sugar	Pills or Insulin taken	Before/after dinner sugar	Pills or Insulin taken	Bedtime sugar	Notes—exercise, Travel, sickness
Date									
Date									
Date									

Starting Insulin – a patient guide

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REMEMBER—your blood sugar results are affected by:

- What you eat
- How much you exercise
- When you exercise
- When you take your insulin injections or diabetes pills
- Stress, illness, and travel
- Certain medications, such as steroids or liquid medications that contain sugar

The normal range for blood sugar levels is:

- **Between 70 and 130 mg/dL before a meal**
- **Less than 180 mg/dL two hours after a meal**

Ask your healthcare provider for your own blood sugar goals.

Your acceptable blood sugar range is _____ mg/dL

Your healthcare provider will help you decide when you should check your blood sugar. For example, you may need to check blood sugar in the morning while fasting, before meals, after meals, and/or at bedtime.

Check your blood sugar at the following times.

_____	_____	_____
_____	_____	_____

Each time you check your blood sugar after a meal, be sure to always wait the same amount of time after starting the meal.

Place label here.