

If you have **high blood glucose**, make notes in your log and talk with your health care team about possible changes to your meal plan, physical activity, or diabetes medications.

**Low blood glucose** occurs when your blood glucose level drops below 70 mg/dl. Symptoms include:

- hunger
- nervousness and shakiness
- sweating
- light-headedness or confusion
- sleepiness

If you think your blood glucose is too low, check it. If it's 70 mg/dl or less, have one of these items right away:

- 2 to 5 glucose tablets
- 1/2 cup (4 ounces) of fruit juice
- 1/2 cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 to 7 pieces of hard candy
- 2 teaspoons of sugar or honey

After 15 minutes, check your blood glucose again. If it's still below 70 mg/dl, have another serving. Repeat these steps until your blood glucose is at least 70 mg/dl.

# Blood Glucose Log

## Toolkit No. 26

Name: \_\_\_\_\_

Date: From \_\_\_\_\_ to \_\_\_\_\_

### My Doctor

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My Diabetes Educator

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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### My blood glucose targets

Before meals: \_\_\_\_\_ to \_\_\_\_\_

2 hours after the start of a meal: Less than \_\_\_\_\_

**TO MAKE MORE MONTHLY LOGS:** Make one (1) copy of this page and two (2) copies of the next page. Cut the pages in half, placing this page on top. Staple in the upper left-hand corner and fold to fit in your pocket or purse.

**FOR DIABETES INFORMATION:** Contact the American Diabetes Association at **1-800-DIABETES** (342-2383) or visit **diabetes.org**.

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Date	Time	Breakfast	Medication/Comment	Time	Lunch	Medication/Comment	Time	Dinner	Medication/Comment	Time	Snack/Other	Medication/Comment

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MAKE TWO (2) COPIES OF THIS PAGE.