

Monitoring Your Blood Sugar

Monitoring your blood sugar regularly is very important to make it remains within the target range recommended for you. Keeping your blood sugar within the normal range can prevent further damage to your body. Keeping a log of your results can help your healthcare provider determine whether your treatment plan is working for you. Based on your results, your healthcare provider can make changes to your treatment plan.

1 Explain or demonstrate how to properly check your blood sugar.

2 List three factors that can increase your blood glucose.

3 List three factors that can lower your blood glucose.

4 True or False _____

You need to wait two hours after eating to check your blood sugar levels to see how your body really responds to the food you ate.

5 The following are the blood glucose targets set by the American Diabetes Association (ADA). Remember that your personal goals that have been set by your healthcare team will be specific to you.

Targets for Blood Glucose Set by ADA	What Have Been My Results?	What Are My Goals?
Before a Meal (Fasting): 80-130 mg/dl	_____ to _____	_____ to _____
2 Hrs After a Meal: <180 mg/dl	Below _____	Below _____
A1C: Below 7%, Estimated Average Glucose (eAG): <154 mg/dl	Last A1C: _____	Last A1C: _____