

Measuring Your Blood Sugar



Checking your blood sugar is important.

High blood sugar can cause blindness, kidney disease, heart disease, stroke, and nerve damage.

Low blood sugar can stop energy from getting to your brain, heart, and kidneys.

To keep your blood sugar at an appropriate level always remember to take your medication, check your blood sugar often, and **NEVER** skip meals.

Signs of HIGH Blood Sugar

- Feeling thirsty and tired
- Blurry vision
- Frequent urination
- Fatigue

Signs of LOW Blood Sugar

- Headache
- Sweating
- Confusion
- Hunger
- Dizziness
- Shakiness

What to Do if Your Blood Sugar is HIGH

- Take your medication
- Avoid foods high in sugar and carbohydrates
- Call your doctor

What to Do if Your Blood Sugar is LOW

- Eat 15g of carbohydrates (such as 4 ounces of juice **or** 3-4 pieces of hard candy)
- Call your doctor

Measuring Your Blood Sugar Using a Glucometer

1. Wash your hands
2. Put the test strip in your glucometer
3. Using a sharp lancet, prick your fingertip
4. Squeeze a small drop of blood out of your finger
5. Touch the edge of the test strip to the blood (your machine might “beep” when there is enough blood)
6. Your results will show up on the glucometer (be sure to always track results)

Fasting Blood Sugar Goals (for people with diabetes)

Too Low <69 **Good** 70-130 **Too High** >131



Want More Information?

Ask your medical provider or call the American Diabetes Association.

1-800-DIABETES (1-800-342-2383)

This information is intended to be for educational purposes only. To determine if it is right for you, consult your medical provider.