

## UNDERSTANDING YOUR BLOOD SUGAR RESULTS

### Why should you test your blood sugar every day?

- To know if your blood sugar is too high or too low
- To know when you need to talk to your healthcare team about blood sugar levels

### What does your blood sugar test result mean?

<b>Very High</b>	<b>If blood sugar is:</b> Over 300	This is <b>VERY HIGH</b> . Call your healthcare team if it stays this high: <ul style="list-style-type: none"> <li>• For 24 hours (Type 1 Diabetes) - check ketones</li> <li>• For 2 to 3 days (Type 2 Diabetes)</li> </ul>
<b>Too High</b>	181 – 300	This is <b>TOO HIGH</b> . Call your healthcare team if it stays high for over a week.
<b>Little High</b>	131 – 180	This is a <b>LITTLE HIGH before meals</b> . Go for a walk or do some gentle physical activity. This is <b>good blood sugar if it is 2 hours after the start of a meal</b> .
<b>Goal</b>	80 - 130	This is <b>IN GOAL RANGE</b> before meals.
<b>Too Low</b>	Below 70	This is <b>TOO LOW</b> . <ul style="list-style-type: none"> <li>• Eat 3 or 4 glucose tablets <b>OR</b></li> <li>• Drink 4 ounces (1/2 cup) of regular fruit juice or regular (not diet) soda <b>OR</b></li> <li>• Eat 3 to 5 regular candies (not chocolate) that you can chew quickly (example: jelly beans)</li> </ul> Call your healthcare team if you have had low blood sugar more than once in a week or if you have called 911.

### Recommended Blood Sugar Goals for Adults:

Test	People <i>without</i> diabetes	People <i>with</i> Diabetes Suggested ADA* goal
Fasting and before meals blood sugar	Less than 100 mg/dl	80 - 130 mg/dl
Blood sugar 1 to 2 hours after meals	Less than 140 mg/dl	Less than 180 mg/dl
Bedtime blood sugar	Less than 120 mg/dl	100 - 180 mg/dl
A1C (blood sugar average for 2 to 3 months)	Less than 5.7	Less than 7

\*American Diabetes Association