

Manage Your Blood Sugar

This handout explains how to manage your blood sugar, when to check it, and the signs of high and low blood sugar. It also covers when to call the doctor.

Set a blood sugar goal

- Know what your blood sugar should be before and after you eat (ask your doctor)
 - In the morning, right after you wake up
 - _____ (should be 90 to 130)
 - Before eating
 - Under 6 years old: _____ (should be 100 to 180)
 - 6 to 12 years old: _____ (should be 90 to 180)
 - Over 12 years old: _____ (should be 90 to 130)
 - 1 to 2 hours after a meal:
 - _____ (should be 130 to 180)
 - At night (between 2 a.m. and 6 a.m.)
 - Under 6 years old: _____ (should be 110 to 200)
 - 6 to 12 years old: _____ (should be 110 to 180)
 - Over 12 years old: _____ (should be 90 to 150)

Check it often

- Check your blood sugar 2 to 4 times a day
- Ask your doctor what to do if you have two readings in a row that are more than 240
- Other times to check
 - Before bed may be helpful
 - When you eat out
 - When you eat a lot
 - If you have a lot of stress
 - If you feel sick
 - Before and after you exercise
- Write down your daily blood sugar numbers in a log or chart
- Take the log or chart with you when you visit the doctor

Low blood sugar

- Signs of LOW blood sugar
 - Cranky, tired, or confused
 - Shaky or sweaty
 - Faint, lightheaded, or headaches
 - Pass out or have a seizure
- What to do for LOW blood sugar
 - Eat a piece of hard candy
 - Or, drink fruit juice or regular soda
 - Or, drink a cup of skim milk

Manage Your Blood Sugar Cont'd

- What can cause LOW blood sugar
 - Skipping a meal
 - Taking too much insulin
 - Infections
 - Being sick with a cold or flu
 - Being more active than usual

High blood sugar

- Signs of HIGH blood sugar
 - Very thirsty
 - Urinate a lot
 - Very hungry
 - Weight loss
 - Eyesight blurry
- What to do for HIGH blood sugar
 - If 180 to 240
 - Do not eat food with sugar for a few hours
 - If 240 or more
 - Call your doctor
 - Check with your doctor that these numbers are right for you
- What can cause HIGH blood sugar
 - Eating food that has a lot of sugar
 - Eating a big meal, or having seconds
 - Not taking drugs the right way
 - Infections
 - Being sick with a cold or flu
 - Feeling a lot of stress
 - Being less active than usual