MAKE ONE (1) COPY OF THIS PAGE.

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

Having low blood glucose means that your blood glucose level is too low (below 70 mg/dl). Low blood glucose can be dangerous. Symptoms include being:

- hungry
- nervous and shaky
- sweaty
- light-headed or confused
- sleepy

If you think your blood glucose is too low, check it. If it's below 70 mg/dl, have 1 of these items right away to raise your blood glucose level:

- 3 or 4 glucose tablets
- 1 serving of glucose gel (the amount equal to 15 grams of carbohydrate)
- ½ cup (4 ounces) of fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon 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.

FOLD HERE

Toolkit No. 29

Blood Glucose Log

Name: _____

Date: From _____ to _____

My Doctor

Name: _____

Phone: _____

My Diabetes Educator

Name: _____

Phone: _____

ADA Targets for Blood Glucose	My Usual Results	My Targets
Before meals: 70 to 130 mg/dl	_____ to _____	_____ to _____
2 hours after start of a meal: below 180 mg/dl	below _____	below _____

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.

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CUT HERE ✂ CUT HERE ✂

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

American Diabetes Association. AMERICAN COLLEGE of CARDIOLOGY PCNA Preventive Cardiovascular Nurses Association

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MAKE TWO (2) COPIES OF THIS PAGE.

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

CUT HERE ✂ CUT HERE ✂

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

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