

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.

## Toolkit No. 29

# Blood Glucose Log

Name: \_\_\_\_\_

Date: From \_\_\_\_\_ to \_\_\_\_\_

### My Doctor

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My Diabetes Educator

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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| ADA Targets for Blood Glucose                  | My Usual Results | My Targets     |
|--|------------------|----------------|
| Before meals:<br>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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MAKE TWO (2) COPIES OF THIS PAGE.

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