

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: \_\_\_\_\_

FOLD HERE

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.  
©2009 by the American Diabetes Association, Inc. 11/09

CUT HERE ✂

CUT HERE ✂

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

**Provided By**



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

<b>Provided By</b>
--------------------

