

Monitoring your blood sugar

It is normal to feel scared or anxious about pricking your finger and checking your sugar levels. Use your sugar numbers to give you information about changes you may need to make to control your sugar levels.

What are your blood sugar goals?



Fasting sugar

First thing in the morning,
before eating or drinking
80 to 130



After meal sugars

1 to 2 hours after eating a meal
180 or lower



Your health care provider may have different blood sugar goals for you

You are not 'bad' if you have high sugar numbers – your high sugar number just tells us that something is not working in your diabetes care plan and we may need to make some changes.

	Raises blood sugar	Lowers blood sugar	
High blood sugar ↑	Too much carbohydrate food	Not eating enough carbohydrate food	↓ Low blood sugar
	Illness/Stress	Exercise	
	Not enough diabetes medicine	Too much diabetes medicine	
	Weight gain	Weight loss	

High blood sugar



Raises blood sugar	Lowers blood sugar
Injecting (shooting) insulin into the same areas of the body	Injecting (shooting) insulin into muscle
Having diabetes for a long time	Alcohol
Expired diabetes medicine	Breastfeeding
Other medicines (example: steroids)	

Low blood sugar



How do your daily activities change your blood sugar? Looking after your diabetes and living a busy life is not easy. It helps to write down what is happening daily in your life so that you may see how these activities may change your blood sugar. List the time of day that you do certain activities and answer the questions. If you don't know what your blood sugar is during these times, just check it!

Activity	Time	What is your blood sugar?	Do you think it will go up or down?
Insulin			
Pills			
Eating			
Exercise			
Stress			

Bring your log book to every visit with your doctor, nurse, pharmacist or dietitian.