

UNDERSTANDING YOUR BLOOD SUGAR RESULTS

Why should you test your blood sugar every day?

- To know if your blood sugar is too high or too low
- To know when you need to talk to your healthcare team about blood sugar levels

What does your blood sugar test result mean?

Very High	If blood sugar is: Over 300	This is VERY HIGH . Call your healthcare team if it stays this high: <ul style="list-style-type: none"> • For 24 hours (Type 1 Diabetes) - check ketones • For 2 to 3 days (Type 2 Diabetes)
Too High	181 – 300	This is TOO HIGH . Call your healthcare team if it stays high for over a week.
Little High	131 – 180	This is a LITTLE HIGH before meals . Go for a walk or do some gentle physical activity. This is good blood sugar if it is 2 hours after the start of a meal .
Goal	80 - 130	This is IN GOAL RANGE before meals.
Too Low	Below 70	This is TOO LOW . <ul style="list-style-type: none"> • Eat 3 or 4 glucose tablets OR • Drink 4 ounces (1/2 cup) of regular fruit juice or regular (not diet) soda OR • Eat 3 to 5 regular candies (not chocolate) that you can chew quickly (example: jelly beans) Call your healthcare team if you have had low blood sugar more than once in a week or if you have called 911.

Recommended Blood Sugar Goals for Adults:

Test	People <i>without</i> diabetes	People <i>with</i> Diabetes Suggested ADA* goal
Fasting and before meals blood sugar	Less than 100 mg/dl	80 - 130 mg/dl
Blood sugar 1 to 2 hours after meals	Less than 140 mg/dl	Less than 180 mg/dl
Bedtime blood sugar	Less than 120 mg/dl	100 - 180 mg/dl
A1C (blood sugar average for 2 to 3 months)	Less than 5.7	Less than 7

*American Diabetes Association