

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

Low blood glucose occurs when your blood glucose level drops below 70 mg/dL. Symptoms include:

- hunger
- nervousness and shakiness
- sweating
- light-headedness or confusion
- sleepiness

If you think your blood glucose is too low, check it. If it's 70 mg/dL or less, have one of these items right away:

- 2 to 5 glucose tablets
- 1/2 cup (4 ounces) of fruit juice
- 1/2 cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 to 7 pieces of hard candy
- 2 teaspoons 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 70 mg/dL.

Blood Glucose Log

Name: _____

Date: From _____ to _____

My Doctor

Name: _____

Phone: _____

My Diabetes Educator

Name: _____

Phone: _____

My blood glucose targets

Before meals: _____ to _____

2 hours after the start of a meal: Less than _____

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.

FOR DIABETES INFORMATION: Contact the American Diabetes Association at **1-800-DIABETES** (342-2383) or visit **diabetes.org**.

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

MAKE ONE (1) COPY OF THIS PAGE.

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

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MAKE TWO (2) COPIES OF THIS PAGE.