

BLOOD GLUCOSE 101: *THE BASICS*

People with diabetes can experience episodes of high and low blood sugar. Blood sugar is also known as **glucose**. It is important to know **how** and **when** to check your blood glucose and **what to do** when your levels are out of normal range.

NORMAL BLOOD GLUCOSE VALUES

The American Diabetes Association suggests the **following targets** for most nonpregnant adults with diabetes. These targets may be different for different people, depending on age and other health conditions.

- » **Before a meal:** 80–130 mg/dL
- » **1-2 hours after beginning of the meal:** Less than 180 mg/dL

WHEN TO CHECK YOUR BLOOD GLUCOSE

How often you check your blood glucose depends on many things including your level of **activity**, the **type** of diabetes you have, and whether you are controlling it with **diet** or **medication**. You should always **follow the instructions** from your doctor or nurse on how often to test your blood glucose.

Typical times to check your blood glucose may include:

- » When you first wake up, before you eat or drink anything.
- » Before a meal.
- » Two hours after a meal.
- » At bedtime.
- » Anytime you are concerned your blood glucose may be too high or low.