

Some blood glucose meters save blood sugar results and allow you to flag results with an event tag, similar to using a notebook.

Event Tags



before meals



sick



exercise



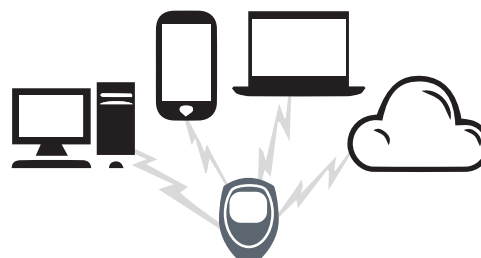
medication



other

Some meters allow you to store your results in a computer, laptop, smart phone or into the cloud.

If you have one of these meters, make sure you have the correct date and time set on the meter and that you know how to store and/or transfer the results to your computer, laptop, smart phone or into the cloud.



Bring your blood glucose meter and a record of your results (stored on the glucose meter or written in a notebook/log book) to all of your medical appointments.

Your doctor and healthcare team will help decide your own blood sugar goals. The ranges for healthy blood sugar levels for most non-pregnant adults with diabetes are:¹

| Normal blood sugar levels ¹ For non-pregnant adults with diabetes. | |
|--|--------------|
| Before meals | 80-130 mg/dL |
| 1-2 hours after the beginning of a meal | <180 mg/dL |

If your blood sugar falls below 70 mg/dL, then **eat something with sugar** in it, such as juice, hard candy, or fast-acting glucose (sugar), which provides a pre-measured dose of 15 grams of carbohydrate.² Test your blood sugar again after 15 minutes.



If it is still **below 70 mg/dL**, eat another serving and continue these steps until your blood sugar is **at least 70 mg/dL**.



If your blood sugar falls very low (below 54 mg/dL),^{1,3} eat something with sugar in it, such as juice or hard candy, and **contact your healthcare provider**.



Also, if your blood sugar is very high (**above 240 mg/dL**),⁴ you should contact your healthcare provider.



1. American Diabetes Association. Standards of medical care in diabetes – 2019. Diabetes Care. 2019; Vol. 42 (Suppl. 1): S66-S67.
 2. Mayo Clinic. Hypoglycemia. <http://www.mayoclinic.org/diseases-conditions/hypoglycemia/symptoms-causes/syc-20373635>. Updated September 7, 2018. Accessed February 27, 2019.
 3. Heller, Simon R., Glucose Concentrations of Less Than 3.0 mmol/L (54 mg/dL) Should Be Reported in Clinical Trials: A Joint Position Statement of the American Diabetes Association and the European Association for the Study of Diabetes. Issues Discussed were Developed by the International Hypoglycemia Study Group. Diabetes Care 2017; Vol. 40 (no. 1): 155-156
 4. Mayo Clinic. Hyperglycemia in Diabetes. <http://www.mayoclinic.org/diseases-conditions/hyperglycemia/diagnosis-treatment/drc-20373635>. Updated November 3, 2018. Accessed February 27, 2019.