

Blood Sugar



Keep It Under Control to Stay Well

Patients with diabetes should know:

1. How to test their blood sugar
2. What the blood sugar level means
3. What their normal blood sugar range should be
4. What to do if their blood sugar is high
5. What to do if their blood sugar is low
6. Ways to keep their blood sugar under control

Recommended Conversation

Ask your patients if they test their blood sugar. If they do not, help them to get a glucose machine and teach them how to test. If they do, make sure that they know how and when to use it.

Tell them that when the blood sugar is higher than what their medical provider recommends, it may be causing health problems.

Tell them health problems can develop without them knowing it.

High blood sugar means they may need to change what they eat, how much they exercise and the medicine they take.

Explain symptoms of high blood sugar and what to do about them.

Explain symptoms of low blood sugar and what to do about them.

Talk about diet and exercise as ways to keep their blood sugar under control.

Explain the importance of calling their medical providers if they are having problems with high or low blood sugar.