



Diabetes Diary



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Center for Healthy Living
MH0723 (6/16)
kp.org

My Diabetes Health Care Team

My Diabetes Educator	Phone Number
My Physician	Phone Number
My Care Manager	Phone Number
My Dietitian	Phone Number
My Support at Home	Phone Number
Other	Phone Number

Please bring your meter and this booklet to all clinic visits.

Blood Sugar Control

Test About Two Times a Day	Target Blood Sugar Range
Before meals	80 to 120 mg/dl
Two hours after a meal	160 mg/dl or less
Before bedtime	100 to 140 mg/dl

Your goals may be different. Check with your health care team to find out what your blood sugar levels should be and how often you should check your blood sugar.

I test my blood sugar:

- Before breakfast ____ hours after breakfast
- Before lunch ____ hours after lunch
- Before dinner ____ hours after dinner
- At bedtime Other _____

Remember:

Make healthy food choices, be physically active, manage stress, get enough sleep, and take medication as prescribed for good blood sugar control.

Low and High Blood Sugar

Signs of low blood sugar (below 70 mg/dl):

- Shaky
- Sweaty
- Hungry
- Fast heartbeat
- Tired
- Angry
- Anxious
- Headache
- Dizzy

Treat low blood sugar right away:

- Ask for help, if possible
- Drink 4 ounces of juice or regular soda, **or**
- Chew and swallow 3 to 4 glucose tablets, **or**
- Swallow one tube of glucose gel, **or**
- Chew and swallow 4 to 5 hard candies

Wait 15 minutes and retest blood sugar.

- If your blood sugar is still below 70 mg/dl, take another treatment listed above and test again in 15 minutes.
- If your blood sugar is 70 mg/dl or more, eat a meal or snack to prevent further low blood sugar.

Signs of high blood sugar (above 240 mg/dl):

- Thirsty and using the bathroom a lot
- Blurred vision
- Hungry
- Nausea
- Dry, itchy skin

What to do:

- Drink 1 to 2 cups of calorie-free/caffeine-free liquid, such as water, zero-calorie flavored water, clear broth, or diet gelatin (if you are not on fluid restriction).
- You may need extra medication. Talk with your physician or health care team about your diabetes medication.
- If your blood sugar is more than 300 mg/dl for 8 hours, call your physician.

Blood Sugar and Medication Log

Week of: _____

Circle result each time you're above or below your target.
Add comments on diet, exercise, stress, etc.

Day	Breakfast			Lunch			Dinner			Bedtime
	Before	After	Insulin/ Meds	Before	After	Insulin/ Meds	Before	After	Insulin/ Meds	
M										
Comments:										
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