

Good Blood Sugar Control:

- 1 A fasting blood sugar (this is the blood sugar done before breakfast) should be between 80-120.**
- 2 A random blood sugar (this is the blood sugar done 2 hours after you've eaten) should be between 80-160.**

If your blood sugar is high look for a reason like:

- 1 Have you eaten high sugar foods?**
- 2 Did you eat a large meal or did you have a second helping?**
- 3 Did you take your medicine?**
- 4 Do you have an infection? Are you sick?**
- 5 Are you under a lot of stress?**
- 6 Have you been less active?**

Write down your blood sugars and make a note of why you think one might be too high or too low.

Bring your blood sugar results with you when you come to clinic. You and your health care provider can talk about the best way for you to control your blood sugars.