

# ALL ABOUT BLOOD GLUCOSE

It's important to keep your blood glucose (blood sugar) within the recommended target range determined by your diabetes care team. Doing so can delay or even prevent long-term complications caused by diabetes. Taking medications at the correct time each day and using the latest tools and strategies can help.

## WHAT MAKES BLOOD GLUCOSE GO UP?

- Eating more carbohydrates than usual
- Forgetting to take diabetes medications or needing a change to your medications
- Infections, illness or stress
- Side effects of some non-diabetes medications, and joint and spinal injections

## WHAT MAKES BLOOD GLUCOSE GO DOWN?

- Missing a meal or eating less food or carbohydrates than usual
- Drinking alcohol
- More exercise than normal
- Too much diabetes medications
- Side effects of some non-diabetes medications

## WHEN SHOULD YOU BE CHECKING YOUR BLOOD GLUCOSE AND/OR YOUR BLOOD SUGAR?

- Fasting/when you wake up
- Before meals
- Two hours after the start of a meal
- Before going to bed
- When you have symptoms of high or low blood glucose levels

If your blood glucose is not within target range (either too high or low) try to figure out why and what change(s) you can make to prevent it. If you can't determine the cause, look for patterns: are your numbers always high when you wake up or low at lunch, etc.

Call your provider or diabetes educator to discuss whether you should modify your diabetes treatment plan.

## BLOOD GLUCOSE (BG) TARGETS FOR PEOPLE WITH DIABETES

Time of Day	American Diabetes Association BG Targets	American Association of Clinical Endocrinologists BG Targets	My Targets
Before Meals	70 to 130	Less than 110	
Two hours after the start of a meal	Less than 180	Less than 140	

### DIABETES CENTER OF EXCELLENCE

AMBULATORY CARE CENTER (ACC), SECOND FLOOR  
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)  
EXISTING PATIENTS: **508-334-3206**



Diabetes Center of Excellence

[WWW.UMMHEALTH.ORG/DIABETES](http://WWW.UMMHEALTH.ORG/DIABETES)