

Keeping Track of Your Blood Sugar

When you are diabetic, you need to keep track of your blood sugar. Keeping your blood sugar readings close to normal (70-120) helps prevent or delay some problems related to diabetes. You can keep track of your blood sugar with a glucometer.

What is a glucometer?

A glucometer is an electronic meter that tests the sugar in your blood. If you do not have a glucometer, your doctor can write a prescription so you can get one. Your doctor will tell you how often and when to test yourself.

Your diabetes care team and doctor can show you how to do the test yourself. Blood sugar testing can show you how food, physical activity and diabetes medicine change your blood sugar level. Testing can tell you when your blood sugar is too high or too low. Your doctor needs these results to treat you.

Your doctor will set a goal for your blood sugar levels and show you how to record your blood sugar in your logbook. If you need a daily logbook, you can make copies of the back of this flyer.

How to use the blood sugar record sheet:

Write the reading from your glucometer across from the day of the week and under the time of day you check your blood sugar. Remember to take your blood sugar logbook or record sheet with you every time you visit your doctor. You should record your blood sugar readings as follows:

Date	Breakfast	Lunch	Dinner	Bedtime	Other	Notes

(Chart continued on back.)



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