

# Blood Glucose Scale for Type 2 Diabetes

## If your blood glucose is:

Way too high! You could be headed for trouble.

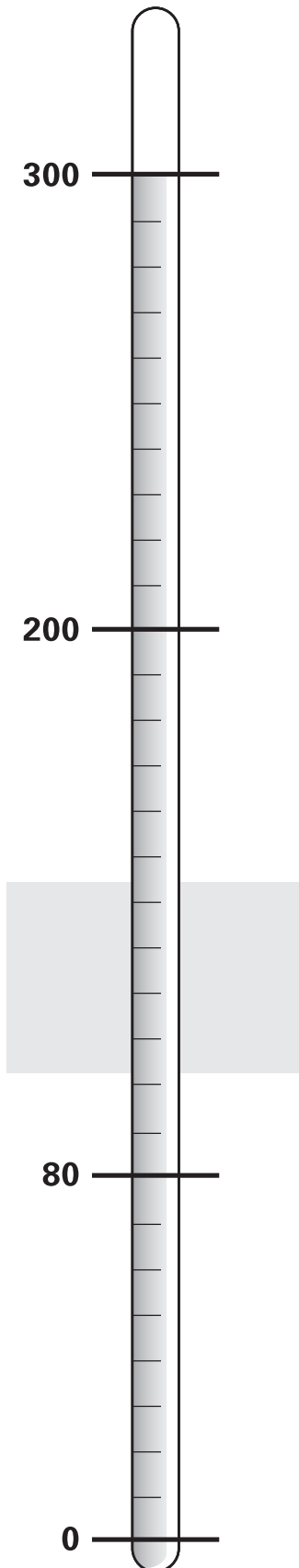
Still too high!

Not dangerous, but not where you want to keep your blood glucose.

Good safe range.

OK.

Too low!



## What you should do:

Retest in 4 hours. If it is still more than 300, call your health care provider.

Test four times a day. If most tests are 200 to 300 for 2 or 3 days, call your health care provider.

- Improve diet and activity plan, if needed.
- Make sure you are taking your diabetes pills or insulin.
- Test more often.
- If consistently over \_\_\_\_\_ (before meal) or \_\_\_\_\_ (after meal), call your health care provider.

Your target range is \_\_\_\_\_.

Time for a snack or meal.

Eat or drink something with 15 grams carbohydrate. If below 70, retest in 10 to 15 minutes to make sure it is now 80 or higher. If still below 70, eat or drink something with 15 grams carbohydrate again.