



Choice Care

by
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Private Medical Services

I HAVE BEEN ASKED TO MONITOR MY BLOOD GLUCOSE

It is essential when you are a diabetic to know that your sugars are controlled most of the day not just once in the morning. Therefore when we ask you to monitor your sugar, we are asking you check you sugar in the morning prior to breakfast and then randomly thru the day: sometimes an hour, sometimes 2 hours after eating. That is called "post prandial glucose".

Morning glucose should optimally read 90- 110.

Glucose after eating should read between 140 and 180.

If your glucose reads more than 300, please call us immediately. If it is less than 50, call us immediately.

Always carry food with you particularly if you are on insulin. Consider crackers or some fruit juice when you feel dizzy or if your pulse is greater than 100 or if you have palpitations. It is also serious if you feel that you are going into a cold sweat. After you eat, check your sugar and then make sure that you ingest some protein products like cheese. The protein will last longer and will make it less likely that your sugar will drop again. Do not take glyburide or diabeta or micronase if you are not going to eat. Do not take your insulin if you are not going to eat. It is safer to have a high sugar than a low sugar. Always make sure that you are well hydrated.

<http://www.nlm.nih.gov/medlineplus/diabetes.html> is a website you might find helpful.

GLUCOSE

DATE

TIME

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