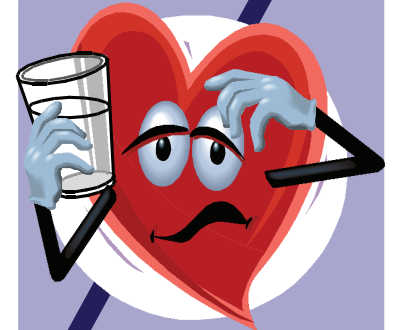


Blood sugar targets



The Peak

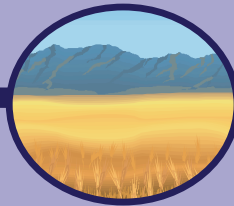
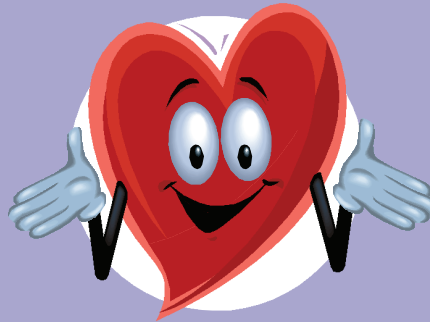


High Blood Glucose 10 & up

Up here you'll feel thirsty,
tired and you might go
to the bathroom a lot

Note: All values are in mmol/L

The Plains

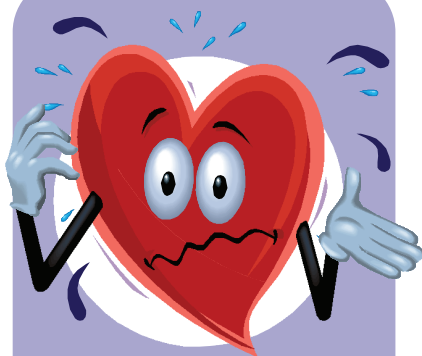


On Target

Before Meals	4 - 7
2 hrs after eating	5 - 10
2 hrs after eating if your A1C is off target	5 - 8

Note: A1C target = $\leq 7\%$

The Valley



Low Blood Glucose 4 or under

Down here you might feel
sweaty and confused,
your heart will beat fast
and your body might shake

The plains are the place to be!

- You should check your blood glucose at different times of the day
- Talk to your doctor or nurse if your blood glucose are always **peaking**
 - If your blood is in the valley you need to treat right away!

Find out how to treat a low sugar reaction on the next page →

blood glucose = blood sugar

Hypoglycemia: how to treat a low blood sugar reaction

What is hypoglycemia?

- If you take medication like insulin, or certain pills, you can be at risk of a low blood glucose reaction called **hypoglycemia**
- A low blood glucose is any blood glucose reading of 4 or less
- If you think you are having a low glucose reaction, check before you treat yourself to make sure

The 15/15 Rule

- Follow these 3 steps to learn how to treat hypoglycemia:

If blood glucose is 4 or less

Step 1

Take **15 grams of sugar**

Here are examples of 15 grams of sugar:

- 3 teaspoons or 3 packets of sugar mixed in water



- 175 ml (3/4 cup) of juice or regular pop



- glucose tabs (amount depends on brand)
- 6 LifeSavers®
- 15 ml (1 tablespoon) of honey



Step 2

- Test blood sugar in **15 minutes**

Step 3

- If your blood sugars are over 4, good! Have a small snack if your next meal is more than 1 hour away
- If your blood sugars are still under 4, go back to step 1

Understanding the cause of low blood sugar reactions

Medications that can cause low blood sugars:

- **Insulin**
- **Pills**
 - Glyburide (Diabeta®)
 - Gliclazide (Diamicron®)
 - Glimepiride (Amaryl®)
 - Repaglinide (Gluconorm®)
 - Nateglinide (Starlix®)

Actions that can cause low blood sugars:

- Missing a meal
- Delaying a meal
- Being more active than usual
- Taking too much insulin or diabetes medicine
- Drinking alcohol

Why did I have a low blood sugar reaction?

