



## Improving Blood Sugar Management

While you always want to be prepared to correct a low, there's a lot you can do to help prevent low blood sugar episodes.

If you have diabetes, filling in the answers to these questions with your healthcare professional can help you in your blood sugar management. If your child has diabetes, use these questions for your child's management. Take this printable copy to your next appointment.

Taking a few minutes now, may make a world of difference ahead in maintaining blood glucose control and staying healthy.

1. Am I at risk for low blood sugar?            Yes            No
2. If so, which of the diabetes medicines I take can cause low blood sugar?
3. \_\_\_\_\_  
What are my signs and symptoms for low blood sugar likely to be?
4. \_\_\_\_\_  
At what blood sugar level should I start to correct a low blood sugar? \_\_\_\_\_ (mg/dl)
5. I should contact my healthcare professional if I have more than \_\_\_\_\_ (fill in number)  
low blood sugar episodes in one week for which I don't know the cause.

### Your or Your Child's Blood Sugar Targets

Fasting and before meals: \_\_\_\_\_ mg/dl

After meals (1 to 2 hours): \_\_\_\_\_ mg/dl

Before bed: \_\_\_\_\_ mg/dl

A1C (measure of control over time): \_\_\_\_\_ %

eAG (average blood glucose): \_\_\_\_\_ mg/dl