

## Testing Your Blood Sugar

### Why should I test my blood sugar level?

If your blood sugar is too low or too high, it can make you sick or cause other problems.

### When should I test my blood sugar level?

Your doctor will help you decide the best times to check your blood sugar. You can write those times in the spaces below.

I will check my blood sugar at:

Breakfast	Lunch	Dinner

### You should also check you blood sugar whenever you:

- Have a change in medication, diet, or activity.
- Are sick or have lots of stress.
- You feel like your blood sugar is too high or too low.

### How do I test my blood sugar level?

- Your doctor will prescribe a glucose meter for you to use for testing your blood sugar.
- One of the clinic staff will show you how to use it.
- Bring your meter and medicines with you each time you come to clinic.

### Questions to ask your doctor:

- What blood sugar level is too low for me? \_\_\_\_\_
- What blood sugar level is too high for me? \_\_\_\_\_
- When do I need to call the clinic? \_\_\_\_\_
- What is my target (goal) blood sugar range? \_\_\_\_\_



325 9<sup>th</sup> Ave.  
Seattle, WA 98104

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English/Tigrigna  
Translated Diabetes Project, 731-2000

# ናይ ደም ሽኮር አታዓቓቕና

## ናይ ደመይ ሽኮር መጠን ምዕቃን ንምንታይ የድልየኒ?

ናይ ደምካ ሽኮር እንተልዩሉ ወይ እንተትሒቱ ከሕመካን ካልእት ጸገማት ከስዕባካን ይሽልል ኢዩ።

## ናይ ደመይ ሽኮር መጠን መኣስ ምዕቃን አሎኒ?

መጠን ሽኮር ደምካ ንምዕቃን ዝጥዕመካ ጊዜ ከትመረጽ ኣኪምካ ከሕግዘካ ኢዩ። እቲ ዝዓቀንካሉ ሰዓት ኣብዚ ታሕቲ ዘሉ ሳጹን ጽሓፍ።

መጠን ሽኮር ደመይ ዝዕቅንሉ እዋን:

ቁርሲ	ምሳሕ	ድራር

ካብዞም ዝሰዕቡ ኩነታት እንተጋጢሙካ መጠን ሽኮር ደምካ ከትዕቅን ይግበእካ።

- ናይ መድኣኒት ናይ ምግብ ወይ ናይ ምንቅስቓስን ለውጢ እንተጌርካ።
- እንተኣሚምካ ወይ ብዙሕ ጭንቀት ምስዝህልወካ።
- መጠን ሽኮር ደምካ ኣዝዩ ዝለዓለ ወይ ዝተሓተ መሲሉ ምስዝተሰመዓካ።

## መጠን ሽኮር ደመይ ከመይ ጌረ'የ ዝዕቅኖ?

- መጠን ሽኮር ደም መዕቀኒት ትሽውን ንእሽቶ ማሺን (ግሉኮሜትር) ኣኪምካ ከእዝልካ ኢዩ።
- ኣደ ካብቶም ናይ ቤትሕክምና ሰራሕተኛታት ናይታ መዕቀኒት ኣጣቓቕማ ከምህረካ ኢዩ።
- ኩልጊዜ ናብ ቤትሕክምና ከትመጽእ ከለኻ እታ መዕቀኒትን ዘለካ መድኣኒትን ኩሉ ሒዝካ ምጻእ።

## ንኣኪምካ ከትሓቶ ዘሎካ ሕቶታት:

- መጠን ሽኮር ደመይ ኣዝዩ ትሒቱ ዝብሎ ከንደይ እንተበጺሑ ኢዩ?-----
- መጠን ሽኮር ደመይ ኣዝዩ ልዩሉ ዝብሎ ከንደይ እንተበጺሑ ኢዩ?-----
- ናብ ቤትሕክምና መኣስ ከድውል ኣሎኒ?-----
- ዕላማይ (ሽቶይ) ናይ ደመይ ሽኮር መጠን ከንደይ ንምብጻሕ ኢዩ?-----



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