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:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
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You should also check your 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? ________________
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