

DIABETES

Blood Sugar Guidelines

Numbers	Time	Result	Action
30-80	When you wake up 		This is low. Eat right away. If level does not increase, call 9-1-1.
80-130	When you wake up 		You are doing great! Have your normal breakfast.
130-180	When you wake up or 2 hours after eating 		Did you eat too much at dinner? Or did you have a late-night snack?
Over 180	Any time of day for more than 3 days in a row 		Call your doctor. Drink sugar-free beverages.