



# Blood Glucose Goals



## WHAT ARE MY BLOOD GLUCOSE GOALS?

TIME OF DAY	USUAL GOALS
Upon waking (fasting level)	70–130 mg/dL
Before meals	70–130 mg/dL
One to two hours after the start of a meal	< 180 mg/dL
Bedtime	100–150 mg/dL
Difference before and after meals	< 40–50 mg/dL

Some people with diabetes should keep their blood glucose levels even higher than these recommendations. Talk with your doctor or diabetes educator about the safest blood glucose levels for you.

## SHOULD I CHECK MY BLOOD GLUCOSE LEVEL?

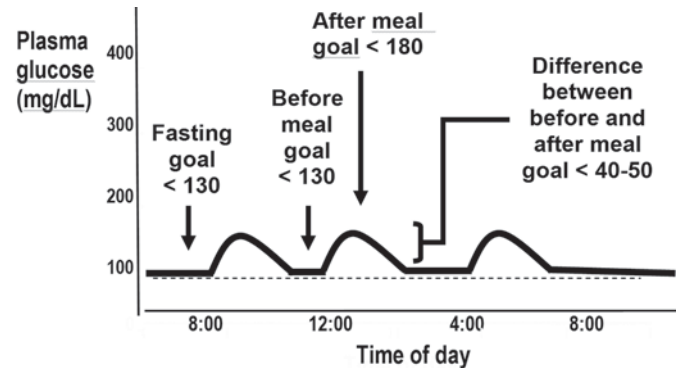
- Many people benefit from checking their blood glucose level with a glucose meter
- You can also keep track of your diet to see how it affects your blood glucose level.
- Ask your doctor when you should check your blood glucose level. Write down your results in a log. A sample is below. ▼

DATE	BREAKFAST			LUNCH			DINNER			BEDTIME OR NIGHTTIME
	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	

## HELPFUL HINTS ABOUT CHECKING YOUR BLOOD GLUCOSE LEVEL

- Always bring your log with you to doctors' appointments.
- Look for patterns in your blood glucose levels.
- Call your doctor if your blood glucose levels tend to be lower than 70 mg/dL or higher than 300 mg/dL.
- Check your blood glucose level more often if:
  - Your diabetes plan is changing.
  - You are exercising more or less than usual.
  - You are gaining or losing weight.
  - You are ill or have an infection.
  - You are under more stress.
  - You are taking new medications.

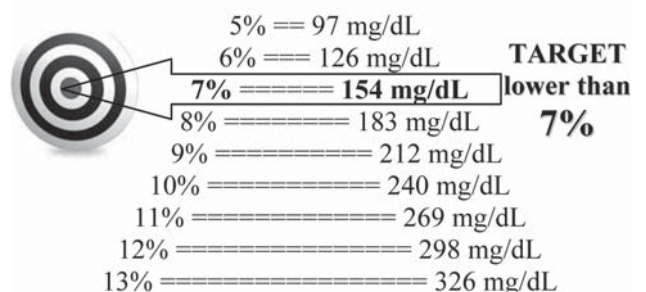
ALTERNATE GOALS	MY GOALS
< 110 mg/dL	_____ mg/dL
< 110 mg/dL	_____ mg/dL
< 140 mg/dL	_____ mg/dL
100–140 mg/dL	_____ mg/dL



## WHAT IS HBA1C?

HbA1c is a measurement of your average blood glucose (sugar) during the last three months. Keeping an HbA1c level lower than 7 percent has been shown to help prevent problems with diabetes. Some studies suggest that keeping the HbA1c level lower than 6.5 percent is even better for some people. **Discuss your HbA1c goal with your doctor.**

### HbA1c (estimated average blood glucose)



Nathan D.M. et al. "Translating the A1C Assay Into Estimated Average Glucose Values." *Diabetes Care*. Aug. 2008. vol. 3, no. 8.