



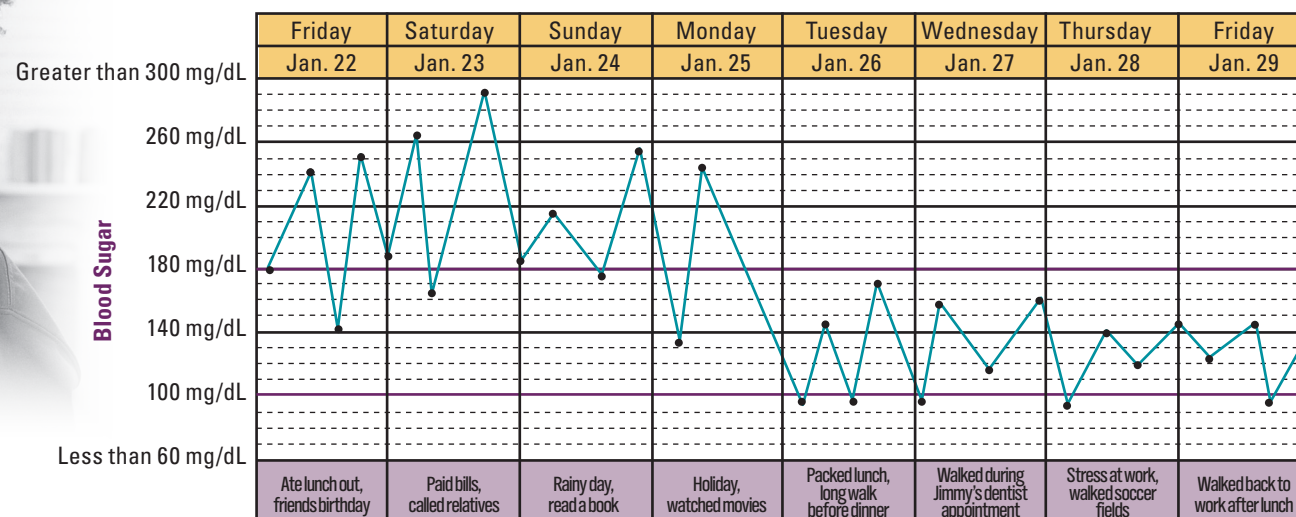
# Blood Sugar Graphing

Even a small change in food, the things you do, stress and drugs (medicines) can affect your blood sugar level. And that can make a big difference in the way you feel.

- Follow your doctor's advice to take your diabetes drugs each day. This will help your blood sugar levels stay within your goal.
- Illness, infection, injury and surgery can impact your blood sugar levels.
- Daily chores like carrying groceries, working in the garden, and house cleaning can help you burn calories and control your blood sugar.
- Plan meals and snacks ahead of time. This can help keep you focused on healthy food choices.

That's why **blood sugar graphing** can come in handy. Each day, write down what you eat, when you exercise, and other key factors. By keeping a record, you can track the things that change your blood sugar levels. Blood sugar graphing can help show you what to avoid and what you can keep doing.

## Sample Blood Sugar Graph



### Blood Sugar Goals:

**Before meals** – 70-130 mg/dL

**One - two hours after beginning of the meal** – Less than 180 mg/dL

Goals recommended by American Diabetes Association, Standards of Medical Care, Clinical Practice Recommendations 2009, Diabetes Care, 32: S13-61. Your health care provider may recommend different values for you.

## Here are some tips:

- Make 12 copies of the blank blood sugar graph chart on the next page.
- Use one blank chart page to write down one full month of blood sugar readings.
- Each column on the chart is one day of the month (1 through 31).
- Each time you take your blood sugar, put a dot on the line that's closest to your blood sugar reading.
- After you've taken your blood sugar a few times, join the dots.
- At the bottom of the graph, write down what could have changed your blood sugar in any way. For instance, you might have eaten more food than usual; were more active; were stressed; or, you forgot to take your drugs.
- Take your blood sugar graphs to each doctor visit. The graphs show how well your blood sugar is under control.

**HINT:** When graphing your blood sugar, be sure to track the things you do each day. This can show your doctor and you what causes the most changes in your blood sugar.

# Blood Sugar Graphing Chart

Make 12 copies of this blank chart so you'll have a page for graphing each month of the year.

Month \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of Week																															
Greater than 300 mg/dL																															
260 mg/dL																															
220 mg/dL																															
180 mg/dL																															
140 mg/dL																															
100 mg/dL																															
Less than 60 mg/dL																															
Personal Notes/ Today's Events																															

**Blood Sugar Goals:** Before meals – 70-130 mg/dL

One - two hours after beginning of the meal – Less than 180 mg/dL

Goals recommended by American Diabetes Association, Standards of Medical Care, Clinical Practice Recommendations 2009, Diabetes Care, 32: S13-61. Your health care provider may recommend different values for you.



# Know Your Blood Sugar Patterns

When you see the low and high trends on your blood sugar graphs, some questions may come to mind. Your answers to them can help you better know how to keep your blood sugar in a normal range.



## The Foods I Eat

- Is my portion size right?
- What do I eat each day?
- Do I choose low-fat, low-sugar, low-salt and high-fiber foods?

## Physical Activity

- Do I get enough physical activity?
- Have I been very active? Or have I stopped any of the routine things I do?

## My Medicines (Drugs)

- Do I take the dose the doctor ordered?
- Do I take my drugs at the right times?
- Do I store my insulin like it should be stored? Is my insulin out of date?
- Do I take a new prescription or over-the-counter (OTC) drug?
- Does my doctor know about all the drugs I take?

## Illness, Infection and Stress

- Do I feel healthy?
- Do I have an infection?
- Do I have added stress?

## Talk with Your Health Care Team

When you have questions about changes in your blood sugar level, talk with your diabetes care team. Your team includes your doctor, diabetes educator, dietitian and/or pharmacist.

SOURCE: National Diabetes Education Program, [www.ndep.nih.gov](http://www.ndep.nih.gov)

UniCare – Kansas: UniCare Health Plan of Kansas, Inc. TX Star and CHIP: UniCare Health Plans of Texas, Inc., UniCare Health Plan of West Virginia, Inc. © UniCare and MedCall are registered marks of WellPoint, Inc.