

What Affects Blood Sugar?

Call your doctor if your blood sugar is less than 70 or greater than 250 for 2 days in a row.

Bring your glucometer (or blood sugar log) to your regular visits with your doctor/nurse.

Your sugar may get too high if you:

- Eat more than usual
- Eat foods high in sugar
- Exercise less than usual
- Have a lot of stress
- Have an infection or other illness
- Don't take enough insulin or other diabetes medicine
- Take certain medicines (your medical provider will tell you which ones)

Your sugar may get too low if you:

- Eat less than usual
- Delay or skip a meal
- Exercise more than usual
- Take too much insulin or other diabetes medicine