



# Glucose Wands

## Managing Your Blood Sugar Level

### 1. Symptoms of **low** blood sugar (hypoglycemia):

- Sweating
- Shaking
- Nervousness
- Jittery
- Irritability
- Dizziness
- Fast heart beat

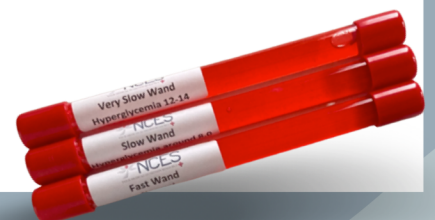
### 2. Symptoms of **high** blood sugar (hyperglycemia):

- Symptoms are not always clear. May feel like a very mild version of low blood sugar symptoms.
- Feeling slow/sluggish
- Blurry vision
- Difficulty thinking clearly or making decisions.

### 3. General blood glucose goals!

Before Meals	After Meals	A1C
80-130 mg/dl	< 180 mg/dl	< 7%

Blood sugar goals will change depending on age and any other health problems.





# Personalized Recommendations

<b>I am taking this oral medication:</b>	
<b>I will be using insulin this many times per day:</b>	
<b>I will be checking my blood sugar this many times per day:</b>	
<b>My goal glucose level before meals:</b>	
<b>My goal glucose level after meals:</b>	
<b>My goal A1C level:</b>	

**Notes:**

