

Questions to ask my doctor

about checking my blood sugar

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
Do I need to check my blood sugar? If so, when and how many times a day should I check my blood sugar?	
What is considered a high blood sugar level? At what level should I take action and what action should I take?	
What is a low blood sugar level? If mine is low, what action should I take? What types of foods will raise my blood sugar? Are there signs I should know that may tell me my level is low?	

Work with your doctor on a goal range for each time you check your blood sugar.

Before meals:	My target: _____
One to two hours after meals:	My target: _____
Bedtime:	My target: _____

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