



Diabetes & Your Health

Write Down Your Test Results

It is important to keep a written record of your test results. It may also be a good idea to set goals for future doctor visits.

You can use the charts on the next page to keep track of your blood sugar, blood pressure, weight, and other important parts of your diabetes control plan.

For more information, contact:

SoonerCare Disease Management Services
(405) 522-6205
(800) 522-0114

or talk to your doctor.

About Diabetes Medications

If you take shots or pills to control your diabetes, ask your doctor how these medicines work. It is important for you to know how and when to take your diabetes medicines.

If you take other medicines, ask your doctor if they will affect your diabetes. You should ask your doctor about all other medicines you take, even the ones you can buy without a prescription, like cold medicine or aspirin.

When you take insulin shots or diabetes pills, your blood sugar can get too low. Ask your doctor how keep your blood sugar from getting too low or too high.

If you get sick, you should keep taking your diabetes medicines and call your doctor.

If you take insulin shots, ask your doctor:

- How to give yourself shots
- When you need to change your insulin dose
- How to safely throw away needles



Checking Your Blood Sugar

If you have diabetes, checking your blood sugar regularly is one of the most important parts of staying healthy. Check your blood sugar as doctor recommends. If you do not know how often you should check, ask your doctor.

Each time you check your blood sugar, write the results in a log book. Take your log book with you when you see your doctor.

You should have a blood test called an A1C several times each year. The A1C test shows your average blood sugar over a two to three month period. It is an important test for your doctor to use in helping you manage your diabetes.

Fill in the chart on the next page each time you go to the doctor. It will help you to keep track of your goals and results.

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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