



Blood Glucose/HbA1c

Name: _____

Date of birth: _____

Blood Glucose Level

If more than 15mmol/L
see back page for further
instructions.

Too High
More than 10mmol/L



Healthy Levels
4.0 - 10 mmol/L



Too Low
Under 4.0 mmol/L

TREAT FOR HYPOGLYCAEMIA IMMEDIATELY

HbA1c

Too High
More than 7%

Have you seen your GP
in the last month for a
review?



Healthy Levels
Less than 7%



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Blood Glucose Level



TOO LOW

This is when your glucose level is below 4mmol/L or you feel symptoms like:

- Weakness/shakiness
- Sweating
- Headache
- Dizzy
- Grumpy
- Heart racing
- Numbness/tingling (lips or fingers)
- You may stop feeling these symptoms if you have frequent low blood glucose levels.

What cause your blood glucose level to go too low?

- Too much insulin/diabetes tablets
- Missing a meal or not having your meal on time
- Not enough carbohydrates in your meal
- Extra activity/exercise than normal
- Drinking alcohol

How do I treat a low glucose level?

1. Eat 5-6 jellybeans **OR** drink a glass of cool drink (not diet) **OR** drink ½ glass of water with 3 tsp of sugar dissolved in the water.
2. Wait 10 minutes, test again, if level is still below 4 mmol/L then repeat step 1
3. If level is above 4 mmol/L have your next meal **OR** a piece of fruit **OR** glass of milk **OR** a piece of bread

Your blood glucose must be above 5mmol/L to drive and best to wait 30 minutes before driving after a low blood glucose level

TOO HIGH

This is when your blood glucose level is ABOVE 10 mmol/L

What causes your blood glucose level to be too high?

- If you are sick or have an infection
- If you eat too much carbohydrate
- If you don't do any exercise
- If you are stressed
- If you don't take your diabetes medication/insulin
- If you need different diabetes medications

You can help to bring your levels down by:

- Seeing your doctor if you are sick or having trouble with your medications
- Taking your medications every day
- Eating a healthy well balanced diet
- Being active every day
- Trying to reduce the stress in your life
- See the diabetes educator to talk about your medications
- See the dietitian for meal ideas

If your level is above 15mmol/L but you feel well, see your GP within the next week for an urgent review.

If your level is above 15mmol/L and you feel any of these symptoms:

- extreme thirst
- urinating frequently
- feeling disorientated or confused
- nausea or vomiting

Present to emergency department immediately.

HbA1c

What is HbA1c and what does it measure?

HbA1c is what's known as glycated haemoglobin. This is something that's made when the glucose (sugar) in your body sticks to your red blood cells.

Your body can't use the sugar properly, so more of it sticks to your blood cells and builds up in your blood. Red blood cells live for around 2-3 months, which is why the reading is taken every 3 months. This gives an indication of what your blood sugar level has been over the last 3 months, different to your Blood Glucose Level which is just one moment in time.

What can happen if my level is too high?

Too much sugar in the blood damages your blood vessels. This damage can lead to serious problems in parts of your body like your eyes and feet, kidneys, heart and stomach.

What can I do if it is too high?

If you have a HbA1c test and your level is high work with your doctor and diabetes team (Diabetes Educator, Dietitian, Podiatrist, Optometrist, Specialists) to get the right mix of food, activity and medications. The less time you have readings in the 'too high' area the more you are keeping your body safe.