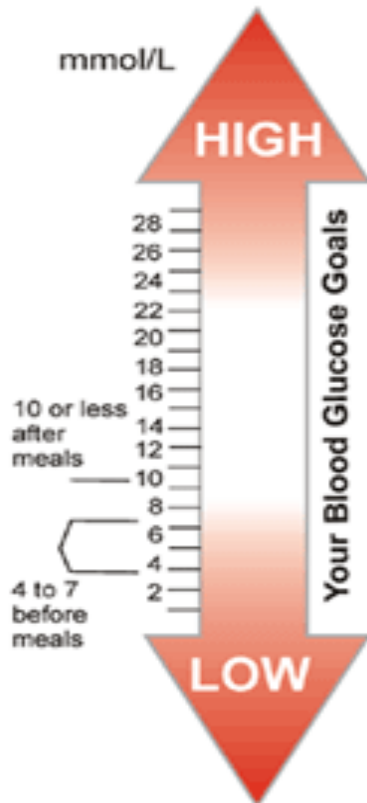


Target Blood Glucose Levels for Diabetes



If you have high blood glucose (hyperglycemia):

- Blood glucose levels above 7 mmol/L before meals or above 10 mmol/L after meals are above target values.
- You may have extreme thirst, fatigue, weakness, frequent urination or blurred vision.

If your blood glucose is within target:

- Blood glucose levels are between 4 - 7 mmol/L before meals and 5 - 10 mmol/L two hours after meals.
- These levels offer the best protection against potential complications.

If you have low blood glucose (hypoglycemia):

- Blood glucose levels below 4 mmol/L are too low and need to be treated immediately. Refer to the Hypoglycemia= Low Blood Glucose handout.
- You may feel hunger, nausea, weakness, headache, sweating, irritability, shaking, or confusion.

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MAHC Diabetes Centers



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