

Keeping track of blood glucose levels is an important part of diabetes care. Once blood glucose data has been collected, whether it be through a hand-written [log](#) or a downloadable report, you can review it with your health care team to see if changes need to be made in your diabetes care plan.

Use a log to write down blood glucose numbers 7 times throughout the day:

- Morning
- Mid-morning
- Lunch
- Afternoon
- Dinnertime
- Bedtime
- Overnight

At meal and snack times, make sure to check blood glucose before you eat. Also keep track of the insulin doses, including type of insulin, amount, and time given.

When you are first diagnosed, your diabetes care team will advise you how often to call in with your numbers. When calling the health care team, make sure you have at least 4 days of data (dates, times, blood glucose and insulin dosage values) to review.

Another alternative to calling your doctor with your data is using a site like Diasend. Diasend allows you to upload your data to share with your medical team. It also generates reports that can help you understand blood glucose trends. Check with your health care team to see if this is an option.

As you get more comfortable and the glucose levels become steady, the diabetes care team may tell you not to call on a daily basis. However, you should always call under any of the following circumstances:

- Your child has a seizure
- You have to use glucagon or glucose gel to bring up the blood sugar
- If you notice a pattern of high blood sugars
- If you notice low blood sugars that are:
 - 1 blood sugar that is 40 or less
 - 2 blood sugars that are 50 or less at the same time of day

- 3 blood sugars that are 60 or less at the same time of day

Hang in there - the first weeks are tough. But with the support of your medical team, you'll get through the process together.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Understanding Glucose Numbers](#)

[Causes of Highs and Lows](#)

[Understanding A1c](#)

[Time in Range](#)

[Sharing Data with Your Clinic](#)

[Diabetes Log](#)

Sources

[Monitoring Your Blood Sugar — CDC](#)

[Making the Most of Meter Data — diaTribe](#)