

# Blood Glucose Test: What the Numbers Mean



## What is blood glucose?

Blood glucose is another name for blood sugar. Glucose is a major energy source for your body. It comes from what we eat and drink.

## Why should I have my blood sugar checked?

The test measures the amount of sugar in your blood.

- ◆ The test shows how well your body is keeping your blood sugar at a healthy level.
- ◆ Too high blood sugar can lead to diabetes and other serious health problems.
- ◆ The test is a way to check your risk for diabetes.

## What do my blood sugar test results mean?

Your test result will depend on when you had the test done.

### If you ate something during the 8 hours before your test:

- ⚠ **Test results of 200 or higher:** You may have diabetes or other serious health problem. Your doctor may order another test when you have not eaten for 8 hours.

### If you did not eat for 8 hours before the test:

- ✅ **Test result of 70 to 99:** Your blood sugar is normal.
- ⚠ **Test result of over 100:** You need to talk to your doctor.



## If I am being treated for diabetes, what should my blood sugar be?

### If your test was before breakfast (fasting test):

Your blood sugar should be 70 to 130.

### If your test was two hours after a meal:

Your blood sugar should be less than 180.

### If your test was at bedtime:

Your blood sugar should be 90 to 150.

## What are other signs of diabetes?

- ⚠ Being very thirsty
- ⚠ Being very hungry
- ⚠ Feeling extra tired
- ⚠ Gaining weight
- ⚠ Peeing a lot
- ⚠ Blurred vision

