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

Sources:
Joslin Diabetes Center, National Heart, Lung, and Blood Institute, Medline Plus