

## Summary Table: Factors That Affect Blood Sugar



To work safely with prescribed insulin, knowing this information is necessary:

Factor	↑ Raises Blood Sugar	↓ Lowers Blood Sugar
<b>Meals</b>	<ul style="list-style-type: none"> <li>Extra helpings or snacks, especially those high in carbohydrates (candy, cookies, breads, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Skipped meals or snacks</li> </ul>
<b>Movement</b>	<ul style="list-style-type: none"> <li>Getting <b>less</b> exercise than usual</li> </ul>	<ul style="list-style-type: none"> <li>Getting <b>more</b> exercise than usual</li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>Skipping doses of insulin or other diabetes medication</li> <li>Making changes in other medications (unique to each client)</li> </ul>	<ul style="list-style-type: none"> <li>Insulin/diabetes medications: <ul style="list-style-type: none"> <li>Usual dose with usual routine = less risk of low blood sugar</li> <li>Usual dose with changes in routine = more risk for low blood sugar</li> <li>Usual dose with blood sugar that is lower than usual or less than 70 mg/dl = <b>dangerous risk</b> for low blood sugar</li> </ul> </li> <li>Too much insulin or diabetes medication = <b>dangerous risk</b> for low blood sugar</li> </ul>
<b>Monitoring</b>	<ul style="list-style-type: none"> <li>Monitoring does not <b>raise</b> blood sugar, but helps you to take action steps according to the client's plan to keep blood sugar in the Target Range and avoid high blood sugar</li> </ul>	<ul style="list-style-type: none"> <li>Monitoring does not <b>lower</b> blood sugar, but helps you to take action steps according to the client's plan to keep blood sugar in the Target Range and avoid low blood sugar</li> </ul>
<b>Sickness</b>	<ul style="list-style-type: none"> <li>Having a cold, the flu, infection, or other illness</li> </ul>	
<b>Stress</b>	<ul style="list-style-type: none"> <li>Feeling emotional stress such as fear, anxiety, or anger</li> <li>Feeling physical stress such as injury, pain, or surgery</li> </ul>	
<b>Alcoholic Beverages</b>		<ul style="list-style-type: none"> <li>Drinking more alcohol than usual</li> </ul>