TROUBLESHOOTING A HIGH BLOOD GLUCOSE WHILE ONLY ON DIABETES PILLS

To identify be the cause of your high blood glucose levels, answer the questions below:

Did you properly wash your hands before testing?

- **YES**
- **NO**

Are your test strips expired?

- **YES**
  - If expired, throw the strips away. Call your diabetes educator or healthcare provider for a new prescription.
- **NO**

Is your meter coded properly (most new meters do not require a code)

- **YES**
  - Code your meter properly.
- **NO**

Have your test strips been exposed to extreme temperatures, or light?

- **YES**
  - Call your diabetes educator or healthcare provider for a new prescription
- **NO**

Did you take your diabetes medicines as prescribed – the right dose at the right time?

- **YES**

Wash your hands with soap and water and retest.

- **NO**

Did you properly wash your hands before testing?

- **YES**

Call your diabetes educator or healthcare provider for a new prescription.

- **NO**

Have your test strips been exposed to extreme temperatures, or light?

- **YES**

Take your next dose of medications as prescribed. If your blood glucose level still does not come down then call your health care provider or educator.

- **NO**
Have you recently changed your exercise or eating habits?

- **NO**

Are you sick, stressed menstruating, receiving steroids, or do you have an infection?

- **NO**

  Call your diabetes educator or healthcare provider.

- **YES**

  Call your diabetes educator or healthcare provider for instructions.

- **YES**

  Call your diabetes educator or healthcare provider for instructions.