

## How to lower blood sugar quickly

**If your blood sugar level is high, there are things you can do to bring it down fast.**

When you get a high blood sugar (blood glucose) reading, also known as hyperglycemia, it helps to know why. Did you eat a heavy meal? Are you not getting enough physical activity? Did you forget to take your diabetes medication? Any of these reasons, as well as dealing with illness or stress, can lead to a blood sugar spike. So, what can you do to bring it down?

### **Get moving**

A quick and easy way to lower your blood sugar without medication is to get some physical activity in. Exercise increases your body's sensitivity to insulin. It makes your muscle cells take up more glucose, leaving less of it in your blood during and after the activity—which means a lower blood sugar level when you test. So, taking a walk may help when you get a high reading.

Regular exercise can help you control blood sugar and manage diabetes no matter what type you have. Research shows it can help prevent long-term complications like neuropathy, retinopathy, and heart and kidney diseases. Plus, the more active you are the better you'll feel.

Check with your doctor before making any major changes to your exercise routine. And, if you have type 1 diabetes and your glucose is high, check your urine for ketones. You should not exercise if you have ketones because it may make your blood sugar level go even higher.

Exercise is a great way to bring down your blood sugar immediately. But remember, physical activity should be part of your everyday lifestyle, not just a way to get a better test result.

### **Take insulin**

Insulin is an important medication for many who are living with diabetes, including all of those with type 1. Compared to other diabetes medications, it will bring blood sugar down the fastest. If you use insulin you can take correction doses to lower your glucose level. Work with your doctor or diabetes educator to learn how to give correction doses and how much to use.

**Stay healthy**

In addition to being active and eating healthy, work with your diabetes care team to stay in control of your blood sugar levels. Getting your recommended periodic A1C tests will help you and your doctor know if you're on target. And when you self-test, look for patterns in the results such as high readings after heavy meals. This can help you and your care team tell if you need to adjust your diet, activity level, or medications.

You can take charge of your health. Manage your blood sugar levels so you can feel your best.