Baystate Medical Center  
Cardiac Rehabilitation and Wellness

Blood Glucose Levels and Exercise

If you are someone who checks their blood glucose levels regularly, it is important to:
- Bring your glucometer to Cardiac Rehab each session and to
- Check and document your blood glucose immediately before and after exercise.

<table>
<thead>
<tr>
<th>Level of Blood Glucose</th>
<th>What You Should Do</th>
<th>Sign and Symptoms You May Have</th>
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</thead>
</table>
| **Low**  
Below 100 mg/dl       | • STOP Exercising (or Do Not Begin)  
                        • Notify a staff member  
                        • You will be given a snack  
                        (with 15 grams of carbohydrates*)  
                        • Recheck blood glucose in 15 minutes  
                        • If this occurs after exercise please notify a staff member before leaving the gym. | • Dizziness  
                        • Shaking  
                        • Sweating  
                        • Weakness/Fatigue  
                        • Fast Heartbeat  
                        • Impaired Vision  
                        • Anxious  
                        • Headache  
                        • Irritable  
                        • Hunger  
                        • No symptoms |

(Also see Please Note below)

| **High**  
Above 300 mg/dl       | • STOP exercising (or Do Not Begin)  
                        • Notify a staff member  
                        • You may not be able to exercise. | • Nausea  
                        • Blurred Vision  
                        • Drowsiness  
                        • Extreme Thirst  
                        • Frequent Urination  
                        • Dry Skin  
                        • Hunger  
                        • No symptoms |

| Normal but having symptoms | • STOP exercising (or Do Not begin)  
                        • Notify a staff member | Any of the Above |

*A snack with 15 grams of carbohydrates may include 4 oz. orange juice or 3 graham cracker squares. You may have your own snack with 15 grams of carbohydrates or we can provide it.

**Please Note:** If your blood glucose is in the low 100's mg/dl before exercise, your levels may drop below 100 mg/dl during exercise. You may need to re-check your blood glucose during your exercise session.