



Safe to Exercise?

Measuring Starting Glucose Levels

Too High

If your blood glucose is too high, you should follow the steps in this table:

Blood glucose	What to do
Over 10 mmol/L	<p>If you have fast-acting insulin working in your body, (i.e. have injected in the last 2-4 hours) you might still need to have a carb snack as the insulin will lower your blood glucose.</p> <p>If you have no fast-acting insulin working you are at risk of your blood glucose going higher.</p> <p>Either way, you should check your blood glucose after 30 minutes. If it has risen to over 15 mmol/L follow the steps below.</p>
Over 13 mmol/L	<p>You now need to test for ketones in your blood.</p> <p>If you have no ketones or your ketone level is below 0.6, you can start to exercise, but test your blood glucose again in 30 minutes. If it has dropped by then you can continue to exercise. If it has risen you need to stop exercising, check for ketones and take extra fast-acting insulin or a correction dose.</p> <p>If your ketone level is over 0.6 you should delay exercise until your blood glucose has dropped and your ketone level is under 0.6. You will need to take extra fast-acting insulin or a correction dose and monitor your blood glucose and ketone levels regularly.</p>

Too low

If your blood glucose is too low, you need to treat it with your usual hypo treatment and wait until it has gone back up to normal. You might also need to have a [carb](#) snack depending on the type and duration of your exercise, since once you start



exercising you will use your blood glucose for energy, and so it will be at risk of it falling too low again. You should also test your blood glucose after 30 minutes of exercising to check that it is still stable.

If you have had a serious hypo in the last 24 hours, (one where you were unwell and needed someone else's help), you should not exercise at all as you are at risk of the same thing happening again until the glucose stores in your liver have been fully replaced.

