

Monitoring Blood Sugar and Diabetes

Checking your blood sugar is an important part of managing diabetes.

Why Check your Blood Sugar?

Chance	Lower chance of complications
Prevent	Prevent or detect high and low blood sugar
Learn	Learn how food and exercise affect your sugar
Know	Know the right amount of medication/insulin to take
Help	Help your provider know what to change with your plan

When to Test

Values Tested	When to Test	Information Learned
Fasting	In the morning after an overnight fast of 8-12 hours	<ul style="list-style-type: none"> • What is your blood sugar to start the day • Helps determine if certain medications are effective
Pre-Meal	Taken right before a meal	<ul style="list-style-type: none"> • Useful to determine the dose of meal-time insulin
Post-Meal	Taken 1-2 hours after the start of a meal	<ul style="list-style-type: none"> • Useful to show how food and medication affect blood sugar
Exercise	Before or after exercise	<ul style="list-style-type: none"> • Can help you know whether a snack is needed • Can be motivating to see how exercise impacts blood sugar

How Often to Test

Your medical provider may provide instruction as to how often they want you to monitor your blood sugar.

- If you can only monitor once per day, vary the times you do it
 - Rotate between fasting and post-meal
 - Rotate between meals

Blood Sugar Targets

When to test	American Diabetes Association Recommended Results
Before Meals	80-130 mg/dL
1 to 2 hours after meals	<180 mg/dL
A1c (checked every 3-6 months)	<7% in general for individuals, as close to 6.5% as possible with low blood sugars; <8.0% with multiple complications

Getting Enough Blood

- Wash hand with warm water
- Shake the hand
- Set lancing device to puncture just deep enough
- Lance on the side of the finger, not the fingertip
- Gently milk blood towards fingertip



Which Method to Use

Blood Glucose Meter	Continuous Glucose Monitor (CGM)
<ul style="list-style-type: none"> • Gives you one snapshot of your blood glucose • Multiple steps to obtain a reading • Involves pricking your finger • Must carry the supplies with you 	<ul style="list-style-type: none"> • Allow you to get real-time glucose updates • Discreet- can be worn on back of upper arm or stomach area • Readings will sync with smart phone app • Provide extensive data about your glucose management

Using the Data

- Notice any patterns or trends with your blood sugars
- How do factors such as food, activity, stress, or illness affect your readings
- Share your blood sugar data with your medical provider and registered dietitian
- Implement problem solving skills to correct high or low sugar patterns

Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre Post	Carbs Insulin	Pre Post	Carbs Insulin	Pre Post	Carbs Insulin	Carbs Insulin	
M	78	5/	26	/	178	8/	70	/
T	116	5/	196	/	145	9/	102	/
W	82	5/	120	/	94	9/	182	/
T	126	4/	107	/	97	8/	95	/
F	102	5/	57	/	182	6/		/