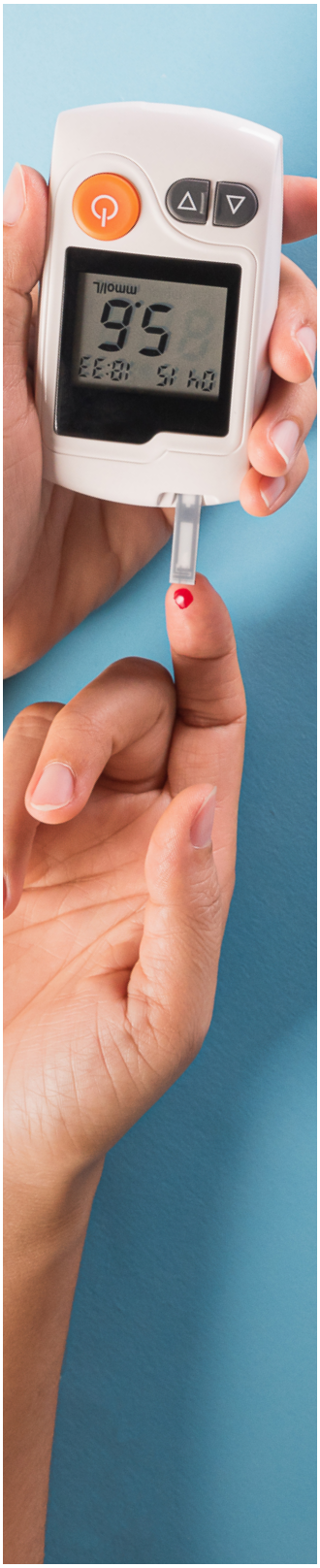
Checking your blood sugar



Knowing your blood sugar level can help you manage your diabetes.

Checking your blood sugar level will help you determine if your diabetes self-management plan is working. It can tell you:

- If you're taking the right amount and type of medications.
- If your activity is at a healthy level.
- If you're getting the right nutrition (amount of carbohydrates/food portions).

The more often your blood sugar is within target goal range, the more you decrease your risk for long-term complications from uncontrolled diabetes.

Who can I ask for help?

Talk to your doctor about finding the right prescription and blood sugar meter. If you're having trouble following the manufacturer's instructions for your meter, your diabetes educator, health care provider, or pharmacist can help.

How do I use my blood sugar meter?

- Get your meter and supplies ready.
- Wash your hands with soap and water to remove any dirt or food residue that might affect your blood sugar reading.
- Turn on your meter and insert a test strip.
- Using a lancing device, pierce the side of your fingertip to get a drop of blood.
- Place the drop of blood on or at the side of the strip.
- Watch the meter display for your results.

What is a control solution test?

A control solution test can help you determine if your test strip and your meter are working properly. The control solution comes with the meter. Instructions are included with the meter. It's important to perform this test:

- Whenever you open a new vial of test strips.
- If you have an unexpected glucose test result.
- If your blood sugar meter is damaged or dropped.

When is the best time to check my blood sugar level?

Ask your doctor or diabetes care team how often you should check your blood sugar. Testing your blood sugar at different times of the day will tell you if you're within your blood sugar goal and will help you determine what may be affecting your blood sugar level. Here are the best times to check:

- When you first wake up. Testing your blood sugar shortly after waking, but before eating or drinking anything other than plain water, gives you your fasting blood sugar result.
- Before meals. This will help determine if you need to adjust your blood sugar medication(s).
- One to two hours after the start of a meal. Find out if your food portions and blood sugar medication(s) are balanced.
- Before, during, and after physical activity. Understand how activity affects your levels.
- At bedtime. See if you need to adjust your medication or have a snack.

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What are my blood sugar goals?

Below are the recommended blood sugar goals for most adults with diabetes. However, your doctor or health care team may recommend specific blood sugar goals better suited for you.

Before meals: 80 to 130 mg/dL or _____ to _____ mg/dL.

One to two hours after the start of a meal: Less than 180 mg/dL or less than _____ mg/dL.

What is an A1C test?

The A1C test measures your average blood sugar level over a three-month period. It will tell you how well your diabetes self-management plan is controlling your blood sugar levels over time. The closer your A1C is to goal, the less likely you are to develop long-term complications from uncontrolled diabetes. For most people with diabetes, the goal is to keep your A1C below 7%. However, it's best to check with your doctor to see if there's an individualized goal for you.

You should get your A1c test done:

- At least two times a year if your blood sugar is within goal.
- Four times a year if you're not meeting your goals or if your treatment plan has changed.
- As often as your doctor recommends.

An A1c of:	is equal to an average blood sugar level of:
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL

My A1C goal

Less than 7% or _____

How should I track my blood sugar level?

Blood sugar meters will keep track of your level for you, so it's helpful to take your meter when you visit your doctor. You can also keep track using a simple log or a mobile or web app. Sharing your log with your health care team is a good idea.

Blood Sugar Results

Sunday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Monday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Tuesday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Wednesday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Blood Sugar Results

Thursday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Friday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

Saturday

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After	Time	Time
Non-insulin medication and dose	Time	Time	Time	Time	Time	Time		
	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl	mg/dl
Carb intake								
Mealtime insulin dose	☐ Breakfast _____units		☐ Lunch _____units		☐ Dinner _____units		Other	
Long-acting insulin dose	_____units _____time		If needed at dinner or bedtime		_____units _____time			

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