

Blood Glucose Monitoring

Why should I check my blood sugar?

One of the first steps in managing your diabetes is learning to check (monitor) your blood glucose (sugar). This is literally measuring the amount of sugar in your blood at that given moment.

Regulating your blood sugar levels is the number one way to prevent diabetes complications and to feel your best!

How do I use a BG (Blood Glucose) Meter?

Your health care team will give you a portable BG meter so you can check your BG at home, work or anywhere you may need to.

1. Put a BG strip into the meter to wake it up.
2. Use a lancet (small needle) and lancing device to poke your finger to get a small amount of blood.
3. Place the drop of blood on the strip in the meter; the meter will read the blood and give you the result in seconds.



Tips for checking BG properly

- | | |
|--|--|
| <ul style="list-style-type: none"> • Use a clean and dry finger (wash with soap and water or use an alcohol swab) • Poke the sides of your finger tips and not the pad of your finger (less painful) • Rotate fingers and hands • You may need to “milk” the finger to get a nice drop out of a small poke | <ul style="list-style-type: none"> • Hold your finger below your heart to help blood flow • Change out the lancet daily to decrease pain and risk for infection • Warm fingers produce blood more easily – run under warm water or rub hands together |
|--|--|

What do the readings mean?

Blood glucose readings tell you and your healthcare team how your current activity, eating plan, and medications are working. If your blood glucose levels are not in target, it does not necessarily mean *you* have done anything wrong! It may mean your medication or lifestyle regimen needs to be adjusted.

Do you need to change your nutrition or physical activity program?

Does your medication dose need to increase, decrease, or change completely?

Your healthcare team will review the numbers and patterns with you to help change medications and lifestyle. In time, you may even feel comfortable making adjustments yourself based on your readings!

Aim for your Target Range	
Before a meal	2 hours after a meal
Between 70 and 130 mg/dL	Less than 180 mg/dL

Remember that just checking will not give you good BG control. You are gathering information.