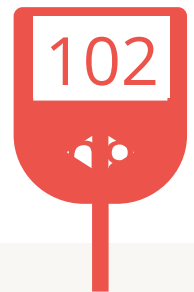


Monitoring Glucose



Monitoring Glucose

If you monitor your blood sugar levels during the day it can help you better understand your body and ensure your blood sugars stay steady. You may choose to use either a standard blood glucose meter or a continuous glucose monitor. A standard blood glucose meter uses a drop of blood from your finger to measure your blood glucose. A continuous glucose monitor works through a sensor placed on the skin and checks your blood glucose throughout the day. Keep a log by writing down your blood sugar levels in the blood sugar tracker provided.



Blood Glucose Levels

The American Diabetes Association (ADA) suggests the following targets for blood glucose levels:

Before a meal:
80-130 mg/dL

1-2 hours after a meal:
less than 180 mg/dL



If your blood glucose level is over 300 mg/dL for 2 days in a row, call your doctor.

Steps to Monitoring Glucose

1. Discuss the recommended frequency and time of the day to monitor your glucose levels with your healthcare provider.
2. Purchase a glucose meter and strips (Check to see what your insurance covers!). There are many brands and options available in the market, consult with your healthcare professional to choose the right one for you.
3. Before using your glucose meter, make sure to read the instructions and become familiar with the device.
4. Clean your hands with soap and warm water before taking the test, or use an alcohol swab to clean the puncture site.
5. Use a new lancet each time you test your glucose levels, which will help prevent infection and reduce pain.
6. Prick the side of your fingertip using the lancet to obtain a small drop of blood.
7. Apply the drop of blood to the glucose strip following the instructions on the meter.
8. Wait for the results to appear on the meter's screen, record the number, and identify patterns in your glucose levels throughout the day.
9. Store your glucose meter and strips in a safe and dry place, and make sure you have enough supplies available.
10. Follow up with your healthcare provider if you notice any unusual changes in your glucose levels, or if you have any questions or concerns about your monitoring technique.



BLOOD SUGAR LOG

MONTH: _____

[illegible]