

# Blood Sugar Monitoring



## Blood sugar targets for people with diabetes:

Fasting blood sugar / blood sugar before meals - 4.0 - 7.0 mmol/L

Blood sugar 2 hours after eating - 5.0 to 10.0 mmol/L (5.0 to 8.0 mmol/L if A1c targets not being met)

Your target blood glucose is \_\_\_\_ to \_\_\_\_ mmol/L fasting & before meals

Your target blood glucose is \_\_\_\_ to \_\_\_\_ mmol/L 2 hrs after meals

## When to check:

1

Check **Once** per day

**Day 1:** Check **before** breakfast

**Day 2:** Check **before** lunch

**Day 3:** Check **before** supper

**Day 4:** Check **before** bedtime snack

Repeat Cycle

1

Check **Once** per day  
**2hrs After Meal**

**Day 1:** Check **before** breakfast

**Day 2:** Check **2hrs after** breakfast

**Day 3:** Check **2hrs after** lunch

**Day 4:** Check **2hrs after** supper

Repeat Cycle

2

Check **Twice** per day

**Day 1:** Check **before** breakfast & **before** lunch

**Day 2:** Check **before** breakfast & **before** supper

**Day 3:** Check **before** breakfast & **before** bedtime snack

Repeat Cycle

4

Check **Four Times** per day

- Check **before** breakfast
- Check **before** lunch
- Check **before** supper
- Check **before** bedtime snack

Repeat Cycle

**Custom**

Check \_\_\_\_\_ per day

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Repeat Cycle

## Tips for success

- Wash your hands with warm soapy water, rinse and dry well.
- Use a new lancet (device that punctures your skin) in your lancet device each time you check.
- Try to allow at least 2hrs since you've last eaten before you check your blood sugar.
- Dispose of lancets and used test strips safely in a sharps container.
- Check meter accuracy with a lab to meter comparison once a year, when you get a new meter, or if you think your meter is not working well. Talk to your diabetes healthcare team to arrange this.
- Record your blood sugars in a log book. This will help you to see patterns in your blood sugars.
- Check your blood sugars more often when your blood sugars are not in target or when there has been a change to your usual routine such as:
  - illness
  - stress
  - Travel
  - changes to your diabetes medication
  - more or less activity
  - eating out
- Contact your diabetes healthcare team when blood sugars are not meeting your target.

## An example of a log book:

Date	Breakfast		Lunch		Dinner				Notes
	Before	After	Before	After	Before	After	Bed	Other	

**Diabetes changes over time,  
it is important to keep checking your blood sugar.**