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

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

3. Check Once per day
   - Day 1: Check 2hrs after breakfast
   - Day 2: Check 2hrs after breakfast
   - Day 3: Check 2hrs after lunch
   - Day 4: Check 2hrs after supper
   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

Alberta Health Services
FC-1750-10/2012
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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Before</th>
<th>Breakfast After</th>
<th>Lunch Before</th>
<th>Lunch After</th>
<th>Dinner Before</th>
<th>Dinner After</th>
<th>Bed</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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