

CHECKING, RECORDING, AND UNDERSTANDING YOUR Blood Glucose

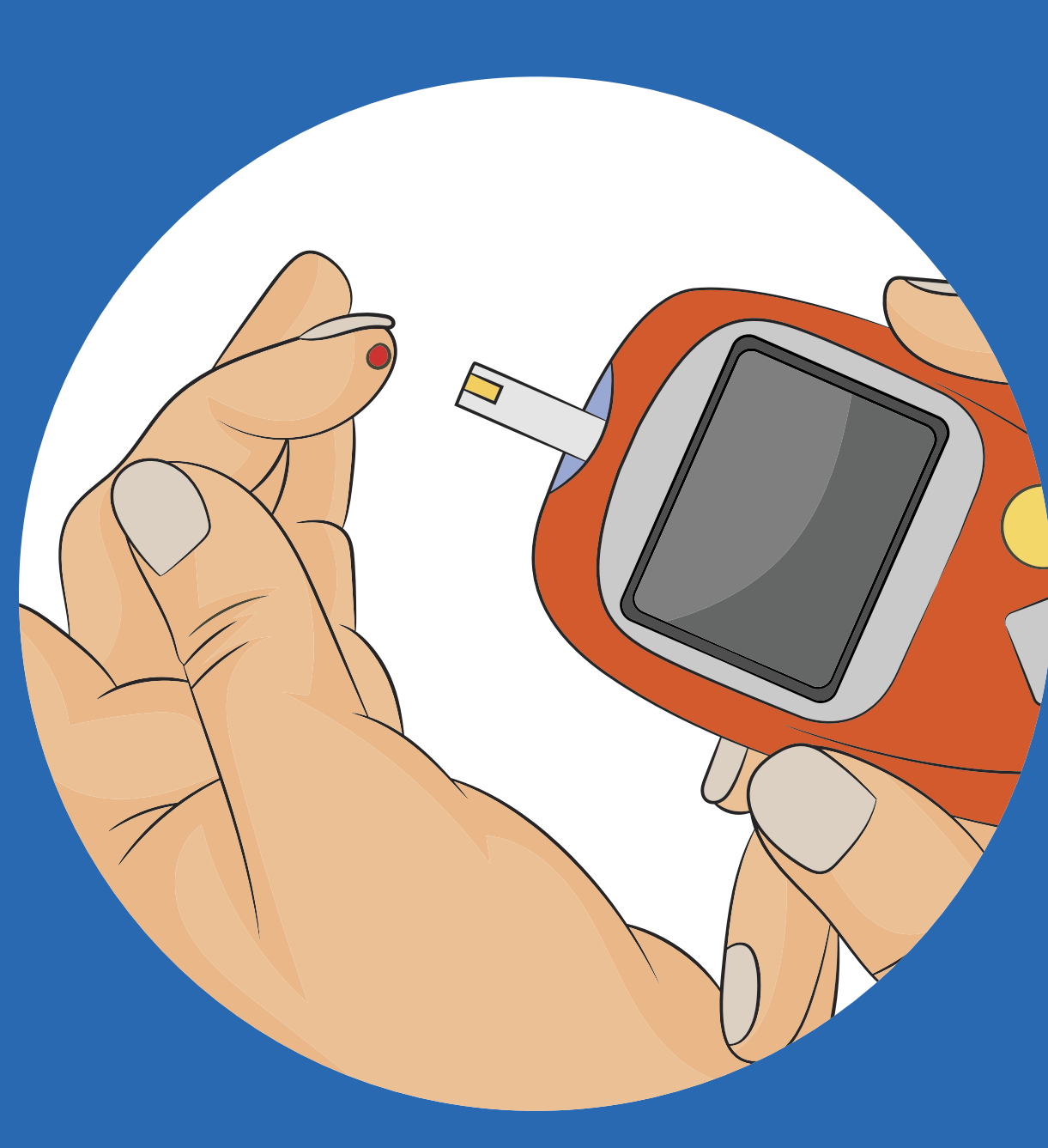
What is blood glucose (or blood sugar) monitoring?

- Blood glucose monitoring means checking the amount of glucose, or sugar, in your blood
- When you know how much sugar is in your blood, you can see how your treatment is working



How do I check my blood glucose?

You can check your blood glucose with a blood glucose meter or a continuous glucose monitor (CGM)



A blood glucose meter checks the amount of sugar in a drop of blood from the finger



A CGM checks sugar levels all the time using a sensor in your skin

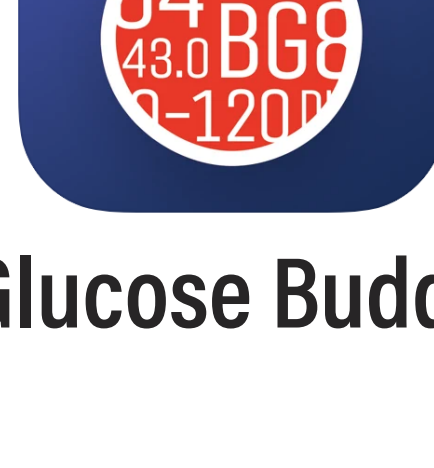
How do I keep track of my blood glucose levels?



Use a journal or an app on your phone



mySugr



Glucose Buddy



OneDrop

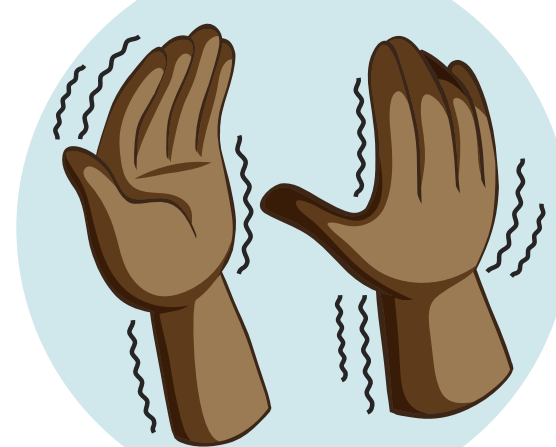
Why do I need to check my blood glucose?

- To meet your blood glucose goals, which can keep your heart, kidneys, and eyes healthy
- You can see how foods, medications, activity, and stress change your sugar levels
- You can make sure your insulin or diabetes medications are not making you have low blood sugar

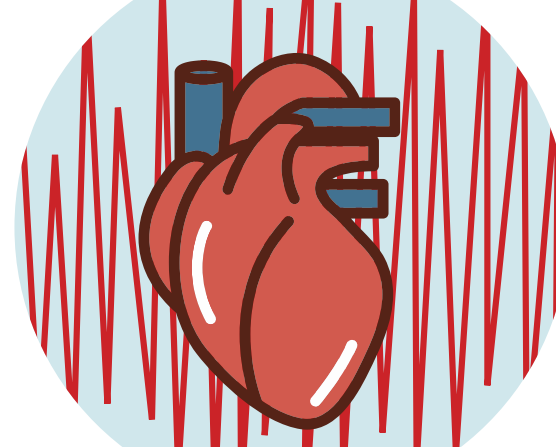


When do I check my blood glucose?

- Ask your doctor how often you should check your blood glucose levels. How often you check your blood glucose levels depends on the type of diabetes you have and what is best for your health
- If you feel low blood sugar symptoms, check your glucose levels right away. Some things you might feel are:



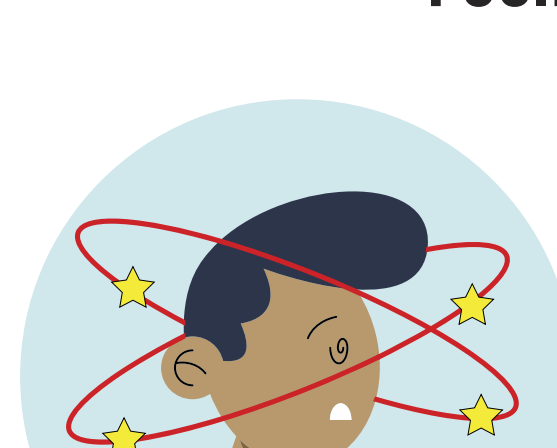
Feeling shaky



Fast heartbeat



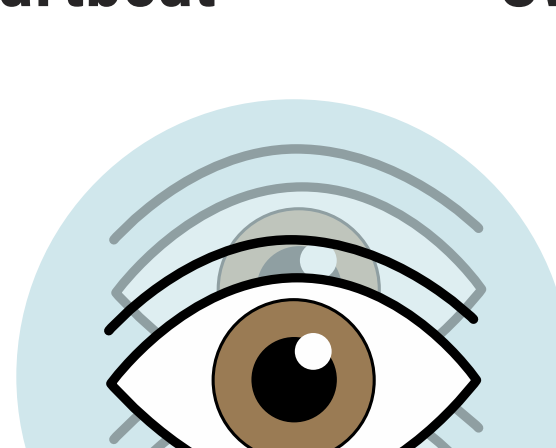
Sweating



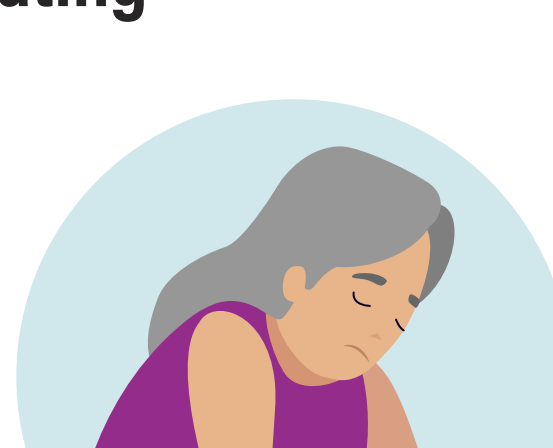
Feeling dizzy



Feeling hungry



Trouble seeing



Feeling upset or tired

What are my blood glucose goals?

- Each person has their own goals
- You will have different goals for before and after meals
 - My blood glucose goal before meals is _____
 - My blood glucose goal after meals is _____
- If you use a CGM, your goal will be based on a percentage of time your blood glucose is within spent within a target range. This is called time in range
 - My time in range goal is _____

Ask your healthcare provider for the blood glucose goals that are best for you



Why is my blood glucose too high or too low?

If your glucose is not within your goal, try to think about likely reasons

- Some causes of high glucose are:
 - Ate a larger meal than usual
 - Forgot to take a dose of diabetes medication
 - Increased stress or sickness
 - Not as active as usual



- Some causes of low glucose are:
 - Ate less than usual or skipped meals
 - Took extra diabetes medication
 - More active than usual

