

Checking Your Blood Sugar

The only way to be sure your blood sugar is “just right” is to check it.

Your blood sugar can be high and you may feel fine.



If your blood sugar is high, it is damaging your blood vessels and hurting your body, even if you feel fine.

How can you check your blood sugar?

One test is the **Self Blood Sugar Check**.

With this test you can check your own blood sugar.

- You need a special machine called a **blood sugar meter**. It is sometimes called a **blood sugar monitor** or **glucose monitor**.
- **Glucose** is the kind of sugar in your blood that it measures.



blood sugar meter

- You will also need:



lancet



test strip

Steps to check your blood sugar



1. Clean skin with soap and water and dry thoroughly.



2. Put a test strip in the meter.



3. Prick your finger with a lancet.



4. Gently squeeze fingertip until round drop of blood forms.



5. Place blood on test strip.



6. Wait until a number appears. This is your blood sugar.

When should you check your blood sugar?

Before breakfast, lunch and dinner

- This will show you and your doctor your lowest blood sugar.

Two hours after you eat a meal

- This will show you and your doctor your highest blood sugar.


When you are first getting your blood sugar under control, you will need to check your blood sugar at these times **every day**.

Write down your blood sugar in your booklet after you test it.

To use the booklet:


- Write down the date.
- Read the number from your blood sugar meter.
- Find what blood sugar range you are in.
- Write down the number from your meter in the correct box.

DATE: <u>1 / 13 / 10</u>	VERY LOW (0 - 59)	LOW (60 - 89)	JUST RIGHT (90 - 130)	HIGH (131 - 180)	VERY HIGH (181 +)
Before <i>Breakfast</i> <u>8</u> : <u>20</u>			97		
COMMENTS:					
Before <i>Lunch</i> __ : __					
COMMENTS:					
Before <i>Dinner</i> __ : __					
COMMENTS:					
<i>Other Time</i> __ : __					
COMMENTS:					




If your blood sugar is just right,
write down how you did this.

DATE: <u>1 / 13 / 10</u>	VERY LOW (0 - 59)	LOW (60 - 89)	JUST RIGHT (90 - 130)	HIGH (131 - 180)	VERY HIGH (181 +)
Before <i>Breakfast</i> <u>8 : 20</u>			97		
COMMENTS:	Went on 20 min. walk				
Before <i>Lunch</i> __ : __					
COMMENTS:					



If your blood sugar is not “just right,” you should also
write down what you think might have caused this.

Before <i>Lunch</i> <u>11 : 50</u>				149	
COMMENTS:	Ate too much breakfast				
Before <i>Dinner</i> __ : __					
COMMENTS:					
<i>Other Time</i> __ : __					
COMMENTS:					



Ask your doctor when you should call about your blood sugar.

Bring your booklet with you to each doctor visit.

- Your doctor will look at your booklet to decide whether to change your treatment.

	VERY LOW (0 - 59)	LOW (60 - 89)	JUST RIGHT (90 - 130)	HIGH (131 - 180)	VERY HIGH (181 +)
DATE: <u>2/8/10</u>					
Before Breakfast			98		
comment:					
Before Lunch			93		
comment:					
Before Dinner			110		
comment:					
Other Time			126		
comment:					
DATE: <u>2/9/10</u>					
Before Breakfast			92		
comment:					
Before Lunch		62			
comment:	not enough breakfast				
Before Dinner			120		
comment:					
Other Time			122		
comment:					

If your blood sugar is in the “just right” range most of the time, this means you are doing a good job, and your doctor may have you check your blood sugar less often.

A-1-C Test

- Another test is the A-1-C test.
- The A-1-C test tells the average of your blood sugar over the last 2 to 3 months.
- Remember that your blood sugar goes up and down everyday and is a little different everyday.
- Your doctor will do this test in the office.

A-1-C = Average Blood Sugar

What should my A-1-C be?

- To prevent problems from diabetes it is best if your A-1-C is **less than 7**.
- The higher you are above 7 the more likely you are to have problems.
- Stay under the A-1-C of 7 and you will stay healthy.

A-1-C under 7 = Staying Healthy