Why is it important to monitor my blood sugar?

Blood glucose monitoring is helpful for many people with diabetes. By checking your blood sugar at home, you can see how your meal plan, activity, level of stress and diabetes medications affect your blood sugar. You can use this information to make decisions and adjustments each day as you care for your diabetes. It is important to keep your blood sugar levels as close to normal as is safe for you in order to help reduce your risk for long-term complications of diabetes.

How do I monitor my blood sugar?

All blood glucose meters require a small blood sample, usually from your fingertip. The blood is applied to a special test strip. The meter reads the results and displays your blood sugar level in less than a minute. Meters are small and easy to use. There are many types of blood glucose meters available. You may want to ask your nurse, doctor or pharmacist to help you select the meter that will work best for you or check with your insurance company about what they will cover.

How often should I monitor my blood sugar?

How often you check your blood sugar at home is a decision you and your health care provider need to make. People who take pills to treat their diabetes or who do not adjust their medications, may only check a few times per week, or at certain times of the day. People who take several insulin shots per day or use an insulin pump may check before/after each meal and at bedtime to balance their insulin dose, food and activity level.
How should I select a blood glucose monitor?

If you are interested in learning about monitoring or how to use the information, talk with your doctor or nurse. Let them know why you are interested in checking your blood sugar and how often you are able to test. Together you can select a meter and create a plan that will work for you.