

Monitoring Blood Sugars

Why?

It is helpful to monitor your blood sugars (also called blood glucose or BG) one or more times per day. Blood glucose changes throughout the day are related to food intake, exercise, stress, and medication. It is important to know your blood sugar trends to figure out the best way to control your diabetes.

How?

You can check your blood sugar using a **glucometer** (also referred to as your meter, blood glucose meter, etc). This requires a drop of blood from your finger applied to a small strip that is inserted into your meter. Your blood glucose reading is then displayed on the screen.

When?

When to monitor often depends on your situation and what medications/insulin you take to control your diabetes. Your physician will recommend when to monitor and how often you need to check your blood sugar. Below are common times that people are instructed to monitor.

Fasting: First thing in the morning before you eat or drink anything.

Before meals: Before you eat but at least 4 hours since last food intake.

Bedtime: Right before bed; should also measure fasting blood glucose as these numbers are related.

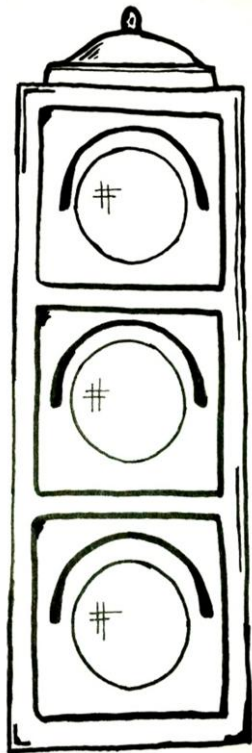
3am (middle of the night): Helpful when your insulin doses are being adjusted.

2 hours after meals: This can be helpful when you are taking insulin at each meal.

Anytime you don't feel "right".

Write down your numbers to bring to your next visit.

Estimated
Blood Sugar



A1C

298.....

.....12%

Red light: Stop! It's time to make some changes. At risk of damage to eyes & kidneys.

269.....

.....11%

240.....

.....10%

212.....

.....9%

Yellow light: Caution; your blood sugar is above target; make some changes.

183.....

.....8%

154.....

.....7%

140.....

.....6.5%

Green light: Good work; maintain what you are doing.

126.....

.....6%

American Diabetes Association Goals

Fasting	less than <120mg/dL
Before Meals	less than <140mg/dL
A1C	less than <7%

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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<http://www.med.umich.edu/diabetes/education/>

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