



Blood Glucose Monitoring

WHY MONITOR?

Blood glucose monitoring shows your current blood sugar level. High blood glucose (sugar) over a long time may cause problems with your heart, eyes, kidneys, nerves or feet. When you don't test, it is like driving down the street with your windshield covered up. You can't see where you're going and you're likely to have an accident and get hurt.

Monitoring shows how food, medicine, exercise and stress affect your blood sugar. Ask your medical team how often to test. They will also help you decide the target range where most of your blood sugars should fall.

Your medical team will help you see patterns in your blood sugars. If a reading at a certain time of day is often out of the target range, you can figure out how to control it. No reading is good or bad. It is just in or out of the target range.

HOW TO TEST

There are several monitors to choose. Your medical team will show you the benefits of each. Testing is similar for most of them:

1. Make sure the meter is clean and calibrated (if needed) correctly.
2. Wash your hands with warm water. Dry well. Massage your hand to get blood into your finger. Don't use alcohol. It dries the skin too much.
3. Use a lancet device to prick your finger. Working from the base of the finger, gently squeeze a small amount of blood onto the test strip. Place the strip in the meter.
4. After a few seconds, the reading will appear. Write it down in your diabetes record book. Add a note about anything that made the reading out of your target range.
5. Dispose of the lancet and strip as recommended by your local sanitation department.

HOW TO TEST (CONTINUED)

6. Have someone else learn how to test your blood sugar. You don't want to teach someone how to use a monitor when you are sick.
7. Take your monitor and blood sugar records to every visit with your medical team. Have them check to see that your monitor and your testing method are correct. If you use a monitor correctly, you will save time and money.

OTHER TESTS

Your doctor may want you to test your urine for ketones if you are sick or if your blood sugar is too high. Not everyone has to do this.

The doctor may also order a Hemoglobin A1c test during your check-ups. This test shows how well your blood sugar has been controlled over the last 2-3 months. Along with your daily monitoring, it helps your doctor know if your current diabetes treatment is working.

Other lab tests may also be needed. These tests help pick up any health problems early so they can be treated.



QUESTIONS TO ASK YOUR DOCTOR

What is my target blood sugar range?

How often should I test?

Are there patterns that show I need to change my diabetes treatment?

PREPARED BY:
CONNIE CRAWLEY, MS, RD, LD
EXTENSION NUTRITION
AND HEALTH SPECIALIST

PUBLICATION NUMBER
FDNS-E 11-5



The University of Georgia, a unit of the University System of Georgia. The University of Georgia is an Equal Opportunity/Affirmative Action institution. The University does not discriminate with respect to employment or admission on the basis of race, color, religion, national origin, sex, handicap or veteran status. If you have a disability and need assistance in order to obtain this fact sheet in an alternate format, please contact the College of Family and Consumer Sciences at (706) 542-7566.