

Blood Sugar Monitoring

Checking Blood Sugars at Home

You can check your blood glucose (sugar) levels at home using a glucose meter. The results tell you what your glucose levels are at certain times of the day. Your meal choices, activity, medicines, and how you feel will affect the results.

Before testing, always wash your hands with soap and water. Poke your clean finger for the blood sample. Apply the drop of blood to the test strip. You will have a result in about 5 seconds.

Be sure your meter is giving accurate results. If you are not sure, ask your health care team for help. Your meter result can be compared to a lab result. The meter result should read within 15% of the lab glucose.

Your Glucose Goals

The glucose goals below apply to most people with diabetes. Talk with your health care team about setting goals that are right for you.

Before meals: 80-130 mg/dL

- Your goal: _____ to _____

1-2 hours after meals: less than 180 mg/dL

- Your goal: less than _____

Bedtime/ before driving: 100-140 mg/dL

- Your goal: _____ to _____

When to Check

How often you check your blood glucose levels at home depends on your treatment plan. Some people check a few times per week. Others need to check four or more times per day. This may change over time. Talk to your team about the best times to check.

Your Schedule

- Before meals
- Before bedtime
- 2:00AM
- Before/during/after exercise
- Any time you have signs or symptoms of low or high blood sugar
- Other times: _____

Contact your provider or educator to adjust your plan if:

- **Before-meal glucose** is above _____ mg/dL more than half the time
- **After-meal glucose** is above _____ mg/dL more than half the time
- Any glucose over _____ mg/dL
- Glucose less than _____ mg/dL _____ time(s) per _____ (day or week)

Testing on Sick Days

If you get sick with a cold or flu or if you have an infection, you may need to check your blood glucose levels as often as every two hours. Stay in close contact with your health care team during these times.

- Keep taking your diabetes pills or insulin (if possible).
- Drink at least 4 oz (1/2 cup) of fluids every 30 minutes.
- If you cannot eat a meal, then fluids should contain sugar.

When to Call Your Doctor

- If you have had vomiting or diarrhea for more than 6 hours
- If your glucose stays above 300 mg/dL for more than 6 hours or below 70 mg/dL after repeated treatment
- If you have moderate to large ketones

Blood Sugar Results

- Keep a record of your blood sugar results. Use the table below as a guide of what to track. This helps to see patterns and know when blood sugars are within or outside of your goal range.
- Make notes about eating, activity, stress, and illness. This helps to decide what changes might be needed to meet your goals.
- Contact your provider or educator if you are having trouble meeting your goals.
- Always bring your meter and/or written results to your clinic visit. Most meters can be downloaded to easily review blood sugar results.

Other Tips to Remember

- If you use an alcohol pad or hand sanitizer to clean your finger before testing, let the alcohol dry before you poke.
- Keep test strips in the bottle they came in. Do not take a strip out of the bottle until you are going to do a test. Store the bottle at room temperature with the cover on tightly.
- Do not use strips if they are outdated. Check the expiration date on the side of the bottle.
- Place the test strip gently into the drop of blood. Let it pull the blood into the strip. Do not try to place the drop of blood on top of the test strip.
- Put used lancets in a thick plastic bottle (laundry detergent or bleach bottle) or a sharps box. Do not put used lancets into the regular trash.

Date	Before Breakfast		Before Lunch		Before Supper		Before Bedtime		Comments
	Blood Sugar	Med/ Insulin	Blood Sugar	Med/ Insulin	Blood Sugar	Med/ Insulin	Blood Sugar	Med/ Insulin	

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4509