

## 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 food/drink choices, activity level, medicines, stress, pain, illness, and other factors will affect the results.

**Before checking, always wash your hands with soap and water.** Poke the side of your clean, dry 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 goals that are right for you.

**Before meals:** 80-130 mg/dL

- Your goal: \_\_\_\_\_ to \_\_\_\_\_

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

- Your goal: less than \_\_\_\_\_

**Bedtime/ before driving or exercise:** 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)

### Checking Blood Sugars 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 2-3 hours. Stay in close contact with your health care team during these times.

- Keep taking your diabetes pills or insulin unless you have been told to stop.
- Drink at least 4 ounces (1/2 cup) of fluids every 30 minutes. If you cannot eat a meal, then fluids should contain sugar.
- If you have type 1 diabetes or history of diabetic ketoacidosis (DKA), check for ketones every 4-6 hours if you are sick.

**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 to 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 ready to use it. 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 bottle.
- 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 © 12/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4509