

Blood glucose measurement

Measuring blood glucose



All types of diabetes lead to raised blood glucose. By measuring the blood glucose levels, your diabetes team can diagnose diabetes and propose the type of treatment that suits you best. Blood glucose measurement is also required in order to adjust the treatment.

Blood glucose can be measured in various ways:

- HbA1c – is a blood sample that your doctor or diabetes nurse takes to check your diabetes. HbA1c is also called the "long-term glucose" because it shows the average level of your blood glucose during the 2-3 months preceding the sample.
- The blood glucose meter – shows your blood glucose level only at the time the sample is taken. Blood glucose can be measured at different times. It is usually measured in the morning after an overnight fast. This is called fasting glucose. Mealtime glucose is measured approximately 2 hours after a meal and indicates how well your body can handle the sugar derived from the meal. If you measure your blood glucose several times a day (before and after meals), you can plot a blood glucose curve. This gives you a picture of how your blood glucose level changes during the day and it can help your doctor to determine which treatment is best suited to you.
- A blood glucose curve – consists of several glucose values taken during one or more days. A blood glucose curve provides an indication of how the blood glucose level fluctuates during the day. A blood glucose curve can help your doctor decide on the type of treatment that suits you best.

Factors that can affect the blood glucose level:

- The blood glucose level rises when we eat. How much it rises depends on the size and the composition of the meal
- Exercise and physical activity can reduce the blood glucose level
- Stress can raise the blood glucose level
- Fever/infections can raise the blood glucose level
- Other medications
- Other diseases
- Pregnancy
- Insulin and other blood glucose-lowering medications

Why is blood glucose measured in different ways?

The different measuring methods provide different types of information about the blood glucose. Based on these values, a course of treatment can be chosen and adjusted based on your needs.

What factors can affect blood glucose?

There are several factors that can affect the blood glucose level, such as diet, exercise, stress, infections and other diseases.

If you want more information than you find here, you can ask your doctor or nurse. You are also welcome to contact Medical Information at Lilly.

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