

Check Your Blood Glucose Regularly

Managing Your Blood Glucose

AS A PATIENT WITH DIABETES, CHECKING YOUR BLOOD GLUCOSE REGULARLY IS VERY IMPORTANT.

Proper management of your diabetes could lower your chance of serious health problems, such as kidney disease or vision loss.¹ Blood glucose (blood sugar) monitoring is the main tool you have to check your diabetes control.

Tracking your results

- Record your blood glucose results in either a written logbook or track electronically using a diabetes management app to automatically log and organize your results directly from your meter.
- Look for patterns in your blood glucose results to help you identify how food, activity and stress affect you.
- Always update your blood glucose records and take them with you to your doctor visits. Your healthcare professionals can use them to determine the proper treatment plan for you.

! Quick Tip³

Blood Glucose Target Ranges*	Before a meal	1-2 hours after beginning of the meal
Guidelines	80-130 mg/dL	Less than 180 mg/dL

*For most nonpregnant adults with diabetes. Consult your healthcare professional to determine your target ranges.



How Do I Properly Test?²

- 1 All meters are slightly different, so review your meter's instruction manual before use.
- 2 After washing your hands, insert a test strip into your meter.
- 3 Use your lancing device on the side of your fingertip to get a drop of blood. There are spring-loaded lancing devices that make sticking yourself less painful.
- 4 Touch and hold the edge of the test strip to the drop of blood, and wait for the result.
- 5 Your blood glucose level will appear on the meter's display.
- 6 Be sure to properly dispose of the single-use lancet.

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¹<https://diabetes.org/diabetes/complications> Accessed September 23, 2020

²<https://www.cdc.gov/diabetes/managing/managing-blood-sugar/bloodglucosemonitoring.html>. Accessed September 23, 2020.

³American Diabetes Association. S71-72. In Standards of Medical Care in Diabetes 2020. Diabetes Care 2020;43(Suppl.1)