

CHAPTER SIX

TESTING YOUR BLOOD SUGAR

As you test your blood sugar, you may have some of these questions:



- Why do I have to test my blood sugar?
- How often should I test my blood sugar?
- Are there any special times to test my blood sugar?
- Where do I get supplies?



Why do I have to test my blood sugar?

Testing your blood sugar is the best way to find out how well your diabetes is controlled. A record of your blood sugars will help you see how food, physical activity, and diabetes medicine affect your blood sugar. If your blood sugar is too low or too high your doctor may want to adjust your diet, exercise or the amount of medicine you are taking.

Here are some goals for most people with diabetes when self-testing using a blood glucose meter. (Your doctor, nurse, or diabetes educator will show you how to do this). Check with your doctor for your specific goals.

Before meals	80 to 120 mg/dl
At bedtime	100 to 140 mg/dl

How often should I check my blood sugar?

Your doctor will tell you how often you should be testing your blood sugar. It could be once a day or up to four times a day.

Are there any special times to test my blood sugar?

The most common times for testing blood sugar is before meals (breakfast, lunch, and dinner), before bedtime, and sometimes in the middle of the night.

What about supplies?

Some insurance plans, including Medicare, can help you cover the cost of lancets, strips, and blood sugar meters. Your doctor needs to write a prescription for you to give to your pharmacist or medical equipment supplier. Your diabetes educator or doctor can help you pick the best equipment for your needs.

Remember to call your doctor if:

Blood sugar results are higher (more than 100mg/dl) than usual for more than two days for an unknown reason.

Or - Low blood sugar (less than 70 mg/dl) more than twice a week.



