

Monitoring Your Blood Glucose

Measuring blood glucose is a way to find out how your diabetes care plan is working. Knowing if your blood glucose is not at goal—too high or too low—can also help you to problem-solve. Checking your blood glucose regularly—and keeping a record of it—can also provide valuable data to help you and your health care provider adjust your medicine.



Blood Glucose Goals

Time of Day	Common Goals	Alternative Goals	My Specific Goals
Waking up (fasting level)	70-130 mg/dl	less than 110 mg/dl	_____ mg/dl
Before meals	70-130 mg/dl	less than 110 mg/dl	_____ mg/dl
1 to 2 hours after meals (from start of meal)	less than 180 mg/dl	less than 140 mg/dl	_____ mg/dl
Bedtime	100-150 mg/dl	100-140 mg/dl	_____ mg/dl
Difference between before and after meals	30-50 mg/dl		

Some people may keep their blood glucose levels higher or lower than these goals. Check with your health care provider about the safest glucose levels for you.

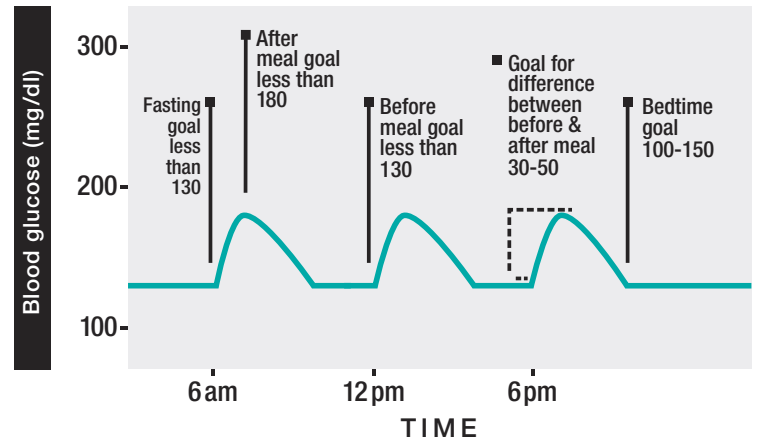
Recording your Blood Glucose Levels

- Ask your care team when and how often to check your blood glucose.
- Record your results in a log book, such as the example below. Log books can also be kept on a mobile app or done on-line.
- Keeping track of your food and activities can help you to understand how they affect your blood glucose.
- Look at trends to identify patterns.

Helpful Hints for Checking Your Blood Glucose

- Check your blood glucose more often if:
 - Your diabetes plan is changing.
 - You increase or reduce your exercise level.
 - You are gaining or losing weight.
 - You are ill or have an infection.
 - Your daily stress level increases.
 - You begin taking new medicine.

Common Blood Glucose Goals



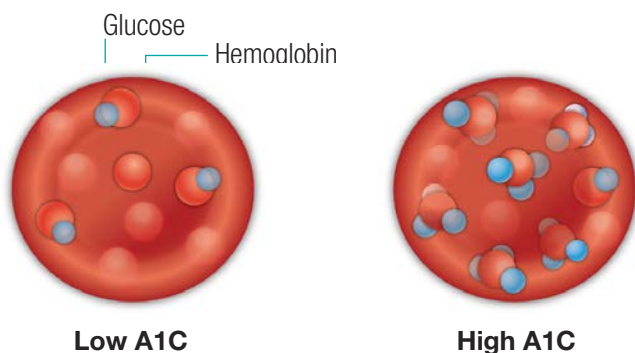
- Bring your meter and log book to every health care appointment.
- Call your health care provider if you often have numbers below 70 or above 300.

Sample Blood Glucose Log Book

Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Before bed	Night
Food at breakfast		Food at lunch		Food at dinner		Snacks	

What is the A1C?

- The A1C (glycohemoglobin) test measures the amount of glucose that is attached to the hemoglobin in your red blood cells.
- This test reflects the average blood glucose in your body over the last two to three months.
- The higher the A1C, the more glucose is attached to your hemoglobin.



The A1C Level

- The A1C result is one way to show the average blood glucose level for the last two to three months. It is called the “estimated average glucose (eAG).” See the table on this page.
- Most patients with diabetes have an A1C done every three to six months.
- In general, keeping your A1C under 7.0 (estimated average glucose less than 154) helps prevent the complications of diabetes. For some people, a higher or lower A1C goal may be right for you. Discuss your A1C goal with your health care provider.

Estimated Average Blood Glucose (eAG)

A1C%	eAGmg/dl
5.0	97
5.5	111
6.0	126
6.5	140
7.0	154
7.5	169
8.0	183
8.5	197
9.0	212
9.5	226
10.0	240
10.5	255
11.0	269
11.5	283
12.0	298