

Testing My Blood Glucose Levels

What is blood glucose (sugar)?

Glucose is a type of sugar found in your blood at any given time. It may also be called blood sugar.

Why should I regularly check my blood glucose level?

Blood glucose levels change throughout the day. When you check regularly, you can see the patterns of your blood glucose levels. Things that affect your blood glucose levels are:

- food
- physical activity or exercise
- stress
- being sick

Knowing my blood glucose levels will:

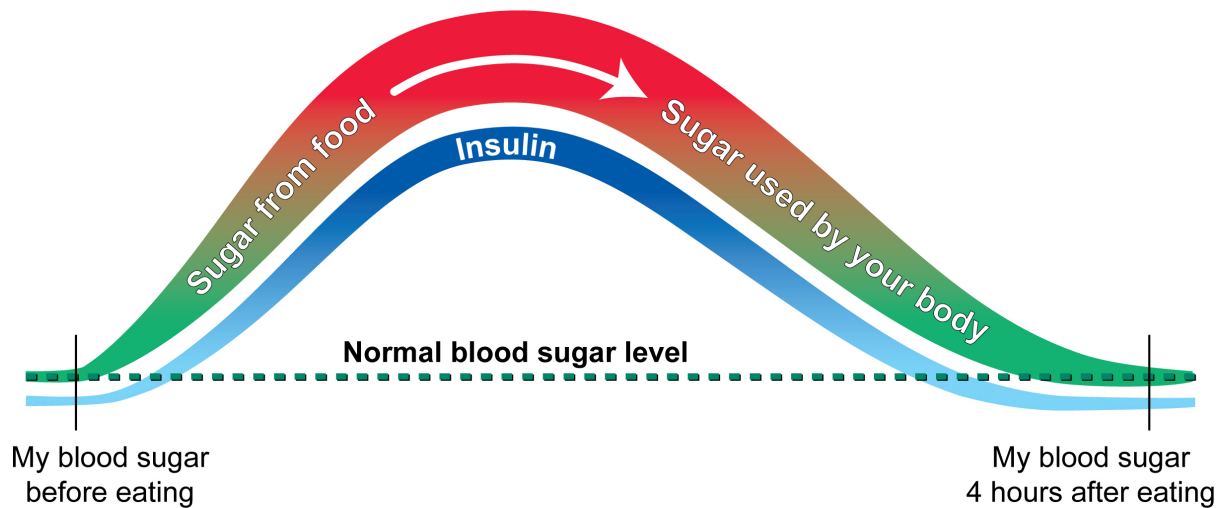
- ✓ Help me understand what food, medication and exercise do to my blood sugar
- ✓ Help me and my doctor adjust my medication and food
- ✓ Help me take action to avoid having low blood sugar

I should test my blood glucose more often when I am:

- More active because my blood glucose may drop
- Under stress because my blood glucose may go up
- Feeling sick because my blood glucose may go up



How my blood glucose level changes when I eat:



What are my blood glucose targets?

The targets in this chart are based on the Canadian Diabetes Association 2013 guidelines. **This is only a guide.** Talk to your doctor about your blood glucose targets.

Before meals	4 to 7 mmol/L
2 hours after meals	5 to 10 mmol/L
A1C (special test showing blood glucose level average for the past 120 days)	Less than or equal to 7
	Diagnosis of diabetes: (A1C is equal or greater than 6.5%)

My blood glucose range:

Before meals _____ mmol/L

2 hours after meals _____ mmol/L



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