



Blood sugar testing

Why do I need to test my blood sugar?

It is important to test your blood sugar regularly. By checking your blood sugar you will learn how food, activity levels, stress, medicine and insulin affect your blood sugar level. Keep a log of your results and review them with your team to gauge how well your diabetes treatment plan is working.

How often should I test my blood sugar?

How often you test depends on your treatment plan. There are many types of treatment plans; they are as follows:

- Lifestyle alone
- Lifestyle and pills
- Lifestyle and insulin
- Lifestyle, pills and insulin

Here are some testing guidelines:

- Test at least once a day
- Vary the times you test
- Keep a record
- Show your record to members of your diabetes care team

Example of a Blood Sugar Chart

Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours after Lunch	Before Supper	2 Hours After Supper	Bedtime (before snack or 2 hours after)	Other	Comments/ Activity
Dec 12	6.2	8.5							Forgot supper medication
Dec 13			8.5	12.6					Large lunch
Dec 14					6.8	7.0			walk after supper

Blood Sugar Targets

Before meals 4.0 to 7.0
2 hours after meals 5.0 to 10.0

What do I do with my blood sugar results?

- Write the results in a log book even if your glucometer has a memory. This will help you and your diabetes care team see the patterns in your blood sugar levels.
- If you see a pattern of blood sugars higher or lower than your goal, you should contact a member of your diabetes care team. You may need to review your meal plan, activity, or have your medication adjusted.

Glucometers

You can get a glucometer at most pharmacies or from the diabetes team. Some insurance companies and/or Non-Insured Health Benefits will pay for the cost of the glucometer and/or the strips. If you are over 65 years of age, ODB will pay for the strips, with a prescription from your doctor.

Make sure you use your fingertips for testing when:

- You think you may be having a low blood sugar (below 4.0mmol/L)

How often should my meter be checked?

You should double check the accuracy of your meter every year. When you are having blood drawn at a lab, bring your glucometer and test your blood sugar with your glucometer while you are there. Your results should be within 20% of the laboratory results.

[BACK TO DIABETES EDUCATION](#)