

## Checking blood sugars

Checking blood sugars is an information-gathering tool to help you manage your diabetes. There are 2 main reasons why someone may choose to do this:

- ✓ 1: Safety reasons – Taking medications that may cause blood sugars to go either really high or really low may cause problems. Checking blood sugars on a regular basis allows you to be more aware.
- ✓ 2: For your interest – Everyone’s body is different; everyone’s diabetes is different. If you are interested to find out how your body’s blood sugars respond to food, activity, stress and illness, checking is a great way to find out.

Here are some different ways you can check your blood sugar. The first box always represents before meal checking (target blood sugar of 4-7mmol/L) and the second box is for a 2 hour after meal readings (target blood sugar of 5-8 mmol/L).

This type of recording allows you to check your blood sugar only one time each day (before each meal and when going to bed), but provides a great picture of how your blood sugars are throughout the entire day as each person is different.

Date	Breakfast		Lunch		Supper		Bed

If you are interested in how each meal you eat affects your blood sugar, trying this way of checking might suit you well. By checking before (within 15 minutes) of eating your meal, and checking after (approximately 2 hours after eating), you can identify how well your body was able to store the food.

Date	Breakfast		Lunch		Supper		Bedtime

Checking each morning gives you an idea of how you are starting off your day. If you decide you want to see how the rest of you day is, you can use this template and check at one other time, before meals

Date	Breakfast	Lunch	Supper	Bedtime	