



PROHEALTHY

Education for our patients and families

Blood Sugar Testing

Blood sugar (glucose) monitoring is a way to check your blood sugar levels. You may check your blood sugar before or after meals, before or after exercising, at bedtime, or any other time you want to know the level of your blood sugar. Ask your doctor, nurse, or diabetes educator when they would like you to check your blood sugar level.

What should my blood sugar level be?

Time	Blood Sugar Target Ranges
Before meals	70-130
1-2 hours after meals	Less than 180

Ask your doctor or nurse what your blood sugar level should be.

My blood sugar goal is _____ to _____

Your Glucose Meter

- Follow the directions that came with your meter. Ask your nurse or diabetes educator if you have questions about your meter. You can also call the meter company 24 hours a day for help.
- Write down all your blood sugar results in the logbook that came with your meter, or in another notebook. Bring your meter and log book to all visits.
- Keep all unused test strips in the original bottle, with the cap on tightly. Write the date you opened the bottle on the label. Do not use test strips more than three months after opening the bottle.
- Keep meter and strips out of direct sunlight and away from very hot or cold temperatures
- Call your doctor or nurse if you are having trouble keeping your blood sugar in the target range.



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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Hemoglobin A1C

- This is a blood test that tells you the average blood sugar level for the past 2-3 months.
- The American Diabetes Association recommends A1C results less than 7%.
- The chart below shows how A1C compares to blood glucose values.

A1C	Average Glucose
4	65
5	100
6	135
7	170
8	205
9	240
10	275
11	310
12	345
13	380

My A1C value is: _____

- Have your A1C checked every 3-6 months.
- Ask your doctor or nurse what your A1C result is. If it is too high, you may need to make a change in your diabetes treatment plan.
- High A1C readings over a long time increase your risk of developing diabetes related complications.

Please call your doctor for any questions or concerns you may have regarding this information.



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