

Monitoring Blood Sugars



Why monitor your blood sugars?



The **FIRST** step in keeping your diabetes in control is checking your blood sugar (glucose) level. Regular testing will help predict how certain foods, exercise and/or medication will affect you. Your daily routine should include testing your blood sugar and recording the results for you and your physician. If your blood sugar is too high or too low, you won't feel your best.

When should I check my blood sugars?

Talk with your physician and health care team about when and how often to check. There isn't any single best time to check your blood sugars.

Suggested times include:

- * before meals
- * at bedtime
- * if you think you are having low blood sugar symptoms

How do I check my blood sugar?

With a simple blood test. This lets you know what your blood glucose level is at the time of the test. From testing you can learn how your blood sugar level is affected by the foods you eat, medicine, stress, illness, and exercise.

Ask your physician, diabetes educator, or pharmacist about obtaining a blood glucose meter.

Hemoglobin A1c: Your Report Card for Good Diabetes Control

Your physician may also do a lab test called Glycosylated hemoglobin, or Hgb A1c. This test gives an average, yet accurate, picture of your blood sugar (glucose) control over about 3 months. It is your "report card" for diabetes control.

<7%

Good control is a Hgb A1c level below 7%. This compares to an average blood glucose of about 150 mg/dl.

Ask your physician to check your Hgb A1c every 3 to 6 months, depending on your treatment and level of control.

every 3 months

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