

Blood Sugar Testing

Bayer Health Facts



What is Blood Sugar Testing?

A blood sugar test tells you how much sugar is in your blood at the moment it is tested. Blood sugar is also called blood glucose. One way to find out how much sugar is in your blood is to get a blood test in a doctor's office. Another way to find out is to test it yourself. This is called self-monitoring, or self-testing. Many factors affect your blood sugar levels every day. Testing your blood sugar will let you know if your meal plan, medication, and physical activity levels are working to help you manage your diabetes.

Who Should Test Their Own Blood Sugar?

Blood sugar testing is important for everyone with diabetes. People living with diabetes can learn how to test their own blood sugar using a blood glucose (sugar) meter.

How Can Blood Sugar Self-Testing Help Me?

Knowledge gives you power. When you self-test, you learn what makes your blood sugar too high or too low. This knowledge gives you the power to make a change. With the help of your healthcare team, you can make adjustments to your meal plan, medications, and physical activity levels that will help you manage your diabetes better. When you keep your blood sugar in a normal range, you lower your risk of developing problems with your heart, eyes, kidneys, brain, feet, and nerves that can occur because of diabetes. Testing your blood sugar regularly will give you important information that can make it easier for you to manage your diabetes and stay healthy.

How Often Should I Test My Blood Sugar?

Your healthcare team will help you decide how often to test your blood sugar. It is different for each person. It depends on how well your diabetes is managed and on your individual diabetes treatment plan. Frequent testing will let you know how your meals, medications, and level of physical activity affect your blood sugar levels.

When Should I Test My Blood Sugar?

Your healthcare team will help you decide when you should test your blood sugar. Testing at different times during the day is a good idea. The number of tests you need to do each day or each week is different for everybody.

Examples of possible times to test your blood sugar are:

- When you wake up in the morning before you eat or drink anything (fasting blood sugar).
- Before and 2 hours after breakfast.
- Before and 2 hours after lunch.
- Before and 2 hours after dinner.
- Before you go to sleep.
- Occasionally between 2 am and 3 am (if you take insulin).



It is a good idea to do extra tests when:

- There are changes in your diabetes treatment plan.
- You start new medications for diabetes.
- You think that your blood sugar is too high (signs include feeling very thirsty, frequent urination, fatigue, or blurry vision).
- You think that your blood sugar is too low (signs include feeling lightheaded, dizzy, confused, shaky).
- You are sick.
- You have a lot of stress.

How Do I Make Sense of Different Blood Sugar Levels at Different Times?

It may be hard to understand the meaning of your blood sugar tests. Your healthcare team will help you understand your blood sugar test results. Once you understand your results, you may be able to manage your diabetes better. Work with your healthcare team to set your blood sugar goals.



Blood Sugar Testing Goals

My fasting goal is: _____

My goal before meals is: _____

My goal 2 hours after meals is: _____

My bedtime goal is: _____

Do I Really Need to Keep Records?

Yes. Writing down your blood sugars in a logbook can help you manage your diabetes. When you write down your blood sugar level, record the date and time you did the test, and whether or not the test was done before or after eating. Here are some extra things that may be useful for you to write in your logbook:



- What you ate and drank.
- When and how long you exercised.
- Your medication dose.
- How you were feeling when you took the test.

Always bring your logbook when you visit your healthcare team. Together, you can look at the patterns of your blood sugar results. You can then see how your meal plan, medications, and level of physical activity affect your blood sugar (see our Bayer Health Facts brochure on **A1C Testing**). The patterns will help you and your healthcare team decide if changes are needed in your diabetes treatment plan.

Today, most blood glucose meters have a memory. You can download the memory into a special computer program.

What Can I Do to Improve My Self-Testing?

Follow the directions that come with your meter. Talk to your healthcare team about your meter and how to test. Here are some tips to improve your self-testing practices:

- Keep your meter clean.
- Keep your testing supplies at room temperature.
- Check the expiration date of your testing supplies.
- Make sure your meter is correctly coded to the test strips you are using. Meters that offer **No Coding™ technology** reduce the steps in the testing process and help you get easy, accurate results.
- Before doing the test, wash your hands in warm, soapy water. Dry them well.
- Put your hand down to let gravity help the blood flow to your fingertips.
- Prick the side of your finger with a new lancet in a lancing device.
- Get enough of a blood drop to apply to the test strip.
- Record the results in your logbook.



Blood sugar testing is important for all people living with diabetes. Regular self-testing gives you important information that will help you manage your diabetes and stay healthy. Your healthcare team can help you decide how often and when you should check your blood sugar, as well as help you understand your results.





Yes, you can manage your diabetes. Blood sugar testing is a big part of your diabetes management. By self-testing, you can tell what your blood sugar levels are and how well your diabetes plan is working. Just remember—the power to manage your health is in your hands.

For more information about Diabetes Care Systems and support from Bayer, or help with your diabetes testing supplies, call our toll-free Customer Service Help Line at [1-800-348-8100](tel:1-800-348-8100) (24 hours, 7 days a week)

www.bayerdiabetes.com/us

For more help in managing your diabetes, see a diabetes educator. To find an educator: www.diabeteseducator.org



© 2009 Bayer HealthCare LLC, Diabetes Care, Tarrytown, NY 10591

Bayer, the Bayer Cross, CONTOUR, BREEZE and the No Coding logo are registered trademarks of Bayer. No Coding and the simplewins logo are trademarks of Bayer.

01666515