



On Call[®] Advisor

Self Monitoring of Blood Glucose

Target Blood Glucose Results

Target goal ranges at different times differ from person to person. Your physician will tell you the range that makes sense for you. The normal blood glucose level control target is shown below. In general, the key to feeling good for most people with diabetes is to stay between 70 mg/dL and 130 mg/dL (3.9-7.2 mmol/L). That is when insulin and blood glucose (sugar) levels are balanced and your body is working at its peak. Use your blood glucose test results to make choices that help you stay in the range that makes you feel your best.

Blood Glucose Control Indicator	Non-Diabetes		Diabetes			
	Normol		Target		Action Needed	
	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL
Pre-meal Glucose	< 5.6	< 100	5.0-7.2	90-130	< 5.0 or > 8.3	< 90 or > 150
2-hour Post meal Glucose	< 7.8	< 140	< 10.0	< 180	> 13.0	> 234
Bedtime Glucose	< 6.7	< 120	5.0-8.3	90-150	< 5.0 or > 8.3	< 90 or > 150

References: American Diabetes Association Standards of Medical Care in Diabetes-2018

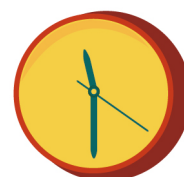


When to Test?

- Before each meal
- 1 to 2 hours after a meal
- Before bedtime
- In the middle of the night
- Before exercise
- During and after physical activity
- While adjusting to medications
- Around medication times
- During times of increased stress
- During pregnancy and while planning to become pregnant
- Before and after drinking alcohol

Pay more attention to your blood glucose levels in situations as below:

- During sick days
- On a trip
- Starting a new treatment plan



Why Test?

- *Self-testing is a way to actively control diabetes. Testing frequently tells you what your glucose levels are and how well your diabetes plan is working on a daily basis, allowing you to make immediate choices for improvement.*
- *When you finish your test, write down your results and review them carefully to see how food, activity, medication and stress affect your blood glucose levels. Keeping your results in a daily log allows you to see trends over time and to have a record you can review with your healthcare provider for better management of your diabetes. Remember not to get upset or down if your numbers are outside your target range.*
- *It's very important to work with your healthcare provider so that you have the ability to accurately interpret your test results and to know the proper lifestyle adjustments to make based on these results.*

How Often Do You Need to Test Your Blood Glucose?

SMBG* Frequency Treatment Regimen	Blood Glucose Level	At Target	Above Target
Multiple daily injections or insulin pump		> 3-4 times /day	> 3-4 times /day
Oral agents or once-daily insulin		> 1 time /day & 1 profile*/week	> 2 times /day
Oral agents plus once-daily insulin		> 1 time /day & frequent profiles*	> 2 times /day
Non-pharmacologic therapy		> 1 profile*/week	> 1 profile*/week

* A collection of pre- and post-meal glucose test results over a 7-day period.

* SMBG: Self Monitoring of Blood Glucose.

What Can I Do to Improve My Self-Testing?

- *Wash your hands with warm water and soap.*
- *Get the blood flowing to your fingertip by massaging the finger gently and/or letting your arm hang by your side for a moment or two after washing your hands with warm water, before lancing.*
- *Avoid using the same site by alternating among your fingers and by using the sides of your fingertips where there are more blood vessels, or use an alternate site such as your forearm or palm.*
- *Keep your fingertips soft by using a hand lotion regularly.*
- *Try not to lance too deeply.*

■ This information is a general guideline for self monitoring of blood glucose. If you need additional information, please consult your health care provider for detail suggestions.