

# Monitoring Blood Glucose



## Why monitor blood glucose?

Monitoring shows how food, activity, stress, illness, and medicines affect glucose so you can make safe decisions.

## When should I test?

- Before meals (fasting or pre-meal readings help guide medication and meal planning)
- When starting or adjusting medications
- With symptoms of low or high blood sugar
- Before and after exercise
- During illness or stress
- Anytime your care team recommends

## How often should A1C be checked?

Every 3 months if targets are not met or treatment is changing; every 6 months when your blood sugar is stable and at target.

## What targets should I aim for?

Most adults aim for an A1C of  $\leq 7\%$ , but targets may vary depending on what your healthcare team decides with you.

## What devices can I use?

- Use a finger-prick blood glucose meter (SMBG) or a continuous glucose monitor (CGM).
- CGM shows trends throughout the day, while glucose meters provide single readings.
- Clean hands before testing and follow device instructions.
- Both help guide safe daily decision making.

## What do my numbers mean?

- Target before meals: usually 4–7 mmol/L (your provider may set personalized goals)
- Target 2 hours after eating: usually 5–10 mmol/L
- Higher numbers may reflect large meals, stress, illness, or missed medication
- Lower numbers may happen with delayed meals, extra activity, or insulin/medication effects
- Patterns matter more than one reading - tracking your trends is valuable
- Monitoring can be stressful; be gentle with yourself while you learn.

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist