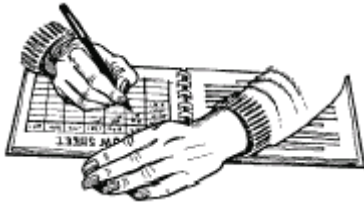


# Testing Your Blood Sugar

Testing your blood sugar or blood glucose (glu-kose), can help you manage your diabetes. A blood glucose meter is the machine you use to test your blood sugar.



Testing and keeping a record of your blood sugar numbers is called monitoring.

## These things could cause your blood sugar to change during the day:

- The type or amount of food you eat
- Eating later than usual
- Skipping a meal or snack
- Taking or not taking your diabetes medicine or insulin
- Exercise
- Being sick
- Being stressed

## Normal Blood sugar levels:

- **Before breakfast, lunch or dinner**, your blood sugar should be between 90 and 110.
- If you have had nothing to eat or drink for 8 hours, your blood sugar should be between 90 and 110.
- **If you test 2 hours after eating** breakfast, lunch or dinner, your blood sugar should be 140 or lower.
- **When you test at bedtime**, your blood sugar should be between 100 and 140

Ask your doctor if these blood sugar levels are right for you.

## How often should you test your blood sugar?

Talk to your doctor or nurse about how many times each day you should be testing your blood sugar. Many people test 3 to 4 times each day. If your diabetes is well managed, you may only need to test 1 or 2 times each day.

### You may need to test more often if you:



- Start a new diabetes medicine or insulin
- Change the amount of diabetes medicine or insulin you are taking
- Change the way you are eating
- Start exercising
- Are sick or not feeling well

Testing your blood sugar tells you how well your diabetes medicine or insulin is working. It can also tell you if you are eating too much or not enough food.

When your blood sugar is higher than normal on a regular basis, you have a greater chance of developing problems with your heart, kidneys and eyes.

Higher blood sugar levels can also affect how well the blood flows through your body and how well you feel things like hot, cold, or pain, in your legs and feet.

If you would like to learn more about diabetes,  
contact the Diabetes Association of Greater Cleveland.  
Ask to talk with an educator.



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