

Why check your blood glucose?

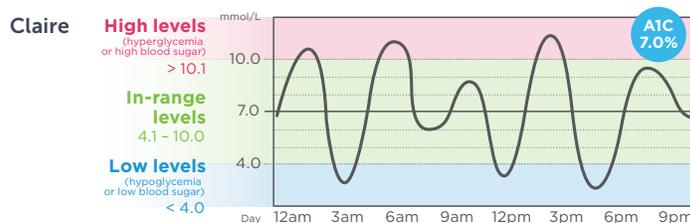
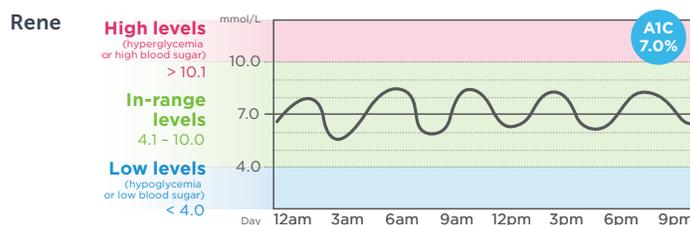
Your **Blood Glucose** level changes throughout the day. Checking your blood glucose with your meter can:

- Tell you what your blood glucose is right away.
- Help you to understand the impact that food, activity, medication and even stress can have on your results.
- Help you and your healthcare provider make adjustments to your diabetes plan.

A1C, on the other hand, is a lab test that shows your average blood glucose level for the past 2 to 3 months. This check is useful for an overall view of your diabetes control, but does not provide day-to-day details needed to adjust activity, food, or medication.

Remember that although your A1C may be within the target range, your day-to-day blood glucose may be swinging from too high to too low. If you have lots of swings in your blood sugars it increases your risk of having a low. Checking your blood glucose with a meter can help identify these swings.

Example:



Both Rene and Claire have an A1C of 7%, but Claire has larger glucose swings of both high and low levels.

What are the recommended blood glucose targets?

As a guide, you need to know what levels to aim for. Here are the targets for most people with diabetes published* by the Canadian Diabetes Association.

| Blood glucose | Before Meal | 2 Hour After Meal | A1C | |
|---------------------|-------------|-------------------|------------------|--------------------------|
| Recommendations* | 4–7 mmol/L | 5–10 mmol/L | Recommendations* | 7% or ____% [†] |
| My personal targets | | | My target A1C | |

When should you check your blood glucose?

How often to check your blood glucose level depends on many factors, including your individual diabetes plan and your current glucose levels. Remember to always check your blood glucose with a purpose in mind and also to keep an accurate record of your results to share with your healthcare provider.

| Possible times to check [‡] | What you can learn |
|---|---|
| In the morning, before meal | How well your body or medication are regulating your blood glucose overnight |
| Before and 2 hours after the beginning of the meal | How food and portion choices in a meal affect your blood glucose How well your medication is working to cover your meal |
| Before the next meal | If your blood glucose has returned to target after the meal |
| Before activity | If you need to adjust food or medication to prevent both hypo and hyperglycemia. |
| During and after activity | How the activity affects your blood glucose and if a snack or adjustment in medication needs to be considered |
| Bedtime | The effect that supper had on your blood glucose and, if you need a snack before going to sleep to reduce the risk of hypoglycemia during the night |
| When you feel sick | If the illness or stress is affecting your blood glucose level |
| As suggested by your healthcare provider | How well your medication is working |
| Immediately before driving if you are on insulin or insulin secretagogues | If it is safe to drive; you should not drive when your blood glucose level is < 4.0 |

Green means your results are in range[‡]



[‡] Check with your healthcare professional for the target range that is best for you.

* Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes 2013; 37(Suppl 1): S1-S212

[†] Not all of these tests need to be done daily. Alternating the time of testing can result in different insights.

[‡] The Canadian Diabetes Association is the registered owner of Diabetes Canada

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What should you do when you get a low or a high blood glucose result?

What should you do if your blood glucose results are too low[†]?



Blue means your result is below range[‡]

Remember to treat low blood glucose immediately according to the instructions provided by your healthcare provider.

| | |
|--|---|
| <p>Was your meal too late? Did you eat less or skip the meal?</p> | <p>Not eating enough food will cause a low blood glucose in anyone who takes insulin or medication that stimulates the body to release more insulin. Meals should be evenly spaced throughout the day, and should contain the right amount of carbohydrate to help keep your blood glucose in target range.</p> |
| <p>Were you very active?</p> | <p>Activity usually lowers blood glucose — at the time of the activity or possibly after. You may need to plan for the activity by snacking after extended or intense exercise, or reducing your medication. Increase your blood glucose testing after extended or intense activity.</p> |
| <p>Did you have alcoholic drinks?</p> | <p>Processing alcohol impairs your own body's response to low sugar. Always eat some carbohydrate food when consuming alcohol. This may help to prevent a low. Test more often if you decide to drink, in moderation.</p> |
| <p>Are your lows happening frequently at the same time?</p> | <p>If you see lows at the same time of day, over several days, then you may need an adjustment to your medication.</p> |

Consult a member of your healthcare team to discuss solutions that are right for you.

What should you do if your blood glucose results are too high?



Red means your result is above range[‡]

| | |
|--|--|
| <p>Did you eat more than usual? Are your meals too close together? Are you having a snack that you don't really need?</p> | <p>Eating too much will cause blood glucose levels to rise. Meals should be evenly spaced throughout the day, and should contain the right amount of carbohydrate to help keep your blood glucose in target range but not so much that the result is high blood glucose.</p> |
| <p>Have you been less active than usual?</p> | <p>You should try to include some type of activity every day.</p> |
| <p>Are you sick or stressed?</p> | <p>Illness or stress can result in higher-than-normal blood glucose results. If this continues, see your healthcare provider.</p> |
| <p>Did you forget to take your medications or insulin?</p> | <p>Medications should be taken as prescribed.</p> |

Additional questions about OneTouch® products?

Call OneTouch® Customer Care Line at 1 800 663-5521 or visit us at OneTouch.ca

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