



# Testing Your Blood Sugar



## Testing Your Blood Sugar

### Why should I test my blood sugar?

- To know if your blood sugar is too high or too low.
- So your doctor will be able to help control your diabetes. Bring your logbook or meter to every appointment.

### When to test your blood sugar:

- **If you are not on insulin:** Test blood sugar before and two hours after the start of a meal. You should alternate testing between meals. *Example: Test blood sugar before and two hours after the first bite of breakfast on Monday, before and two hours after the first bite of lunch on Tuesday, before and two hours after the first bite of dinner on Wednesday, etc.*
- **If you are on insulin:** Test blood sugar before each meal and at bedtime.

Your individualized testing schedule: \_\_\_\_\_

## NOT ON INSULIN

|       | BREAKFAST |       | LUNCH  |       | DINNER |       | BEDTIME |
|-------|-----------|-------|--------|-------|--------|-------|---------|
|       | Before    | After | Before | After | Before | After |         |
| Day 1 | ○         | ○     |        |       |        |       |         |
| Day 2 |           |       | ○      | ○     |        |       |         |
| Day 3 |           |       |        |       | ○      | ○     |         |

## ON INSULIN

|       | BREAKFAST |       | LUNCH  |       | DINNER |       | BEDTIME |
|-------|-----------|-------|--------|-------|--------|-------|---------|
|       | Before    | After | Before | After | Before | After |         |
| Day 1 | ○         |       | ○      |       | ○      |       | ○       |
| Day 2 |           |       |        |       |        |       |         |
| Day 3 |           |       |        |       |        |       |         |

# How to Check Your Blood Sugar



To test your blood sugar . . .

**START**



Wash your hands with soap and water.



Make sure your fingers are very dry.



Are your hands cold?



NO



Prick the side of your finger (*it is not as tender as the tip*). You can use any finger.



Squeeze out a big, fat hanging drop of blood.



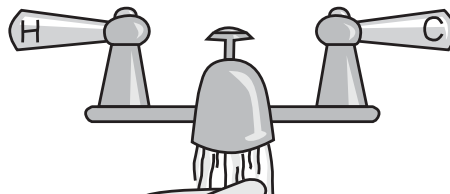
Follow the directions for your method of testing EXACTLY.



Write your blood sugar on your record sheet.

**HOORAY!!**

You did it!



YES



Place hands under warm, running water and rub your fingers, or shake them while hanging your hands at your side.

