

# Blood Sugar Testing

BAYER HEALTH FACTS



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American Association  
of Diabetes Educators



Bayer HealthCare  
Diabetes Care

## ***WHAT IS BLOOD SUGAR TESTING?***

Glucose is a type of sugar that is found in your blood. Blood sugar (glucose) testing is a big part of caring for your diabetes. A blood sugar test tells you how much sugar is in your blood at any point in time. Many things affect your blood sugar levels each day. Self-monitoring blood glucose testing will let you know if your meal plan, medication, and exercise are working to keep your blood sugar in good control.

## ***WHO SHOULD TEST THEIR OWN BLOOD SUGAR?***

A test you do yourself is called a self-test. If you have diabetes, it helps to do a blood sugar test with a blood glucose meter. Diabetes changes the way your body controls blood sugar levels.

## ***HOW CAN BLOOD SUGAR SELF-TESTING HELP ME?***

You and your healthcare team have set up a plan to help you manage your blood sugar. One of the best ways to be sure your plan is working is to test your blood sugar yourself. Research shows that good control of blood sugar can lower your risk of eye disease, kidney disease, and nerve damage that can develop due to diabetes. You can answer questions like, “What happens to my blood sugar during times of stress or when I am sick?” or “What happens to my blood sugar when I exercise?” Self-testing can help direct you how to take better care of yourself.



## **HOW OFTEN SHOULD I TEST MY BLOOD SUGAR?**

The more you test, the more you will know about your blood sugar control. Many things affect your blood sugar each day, like eating, exercise, medication, illness and stress. So, it is important to test your blood sugar at different times of the day. Research studies tell us that testing blood sugar daily, up to 4 times a day or more, is a good way to learn how to better control your blood sugar. Good control of blood sugar may help you lower your risk of future problems with diabetes (see our Bayer Health Facts brochure on **Take Charge of Your Diabetes**). Self-testing gives you the information you need to avoid too many high or low blood sugar levels day to day. Your healthcare team will help you decide how often to test.



## **WHEN SHOULD I TEST MY BLOOD SUGAR?**

Your healthcare team will also help you decide when to test. Testing at different times is a good idea. Here are some useful times to choose from:

- Before breakfast – this is called pre-prandial blood sugar
- 1-2 hours after breakfast – this is called a postprandial blood sugar
- Before lunch
- 1-2 hours after lunch
- Before supper
- 1-2 hours after supper
- Before bedtime
- At 2:00 or 3:00 a.m., if you take insulin

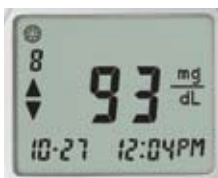


It is a good idea to do extra tests when:

- There are changes in your treatment plan
- You start a new medication for diabetes
- You think your blood sugar might be too low or high
- You are sick (see our Bayer Health Facts brochure on **Sick Day Management**)

## **HOW DO I MAKE SENSE OF DIFFERENT BLOOD SUGAR LEVELS AT DIFFERENT TIMES?**

Blood sugar levels 1-2 hours after eating are called postprandial. Research shows that blood sugar levels in people with diabetes can more than double after eating, even when their blood sugar before eating is normal. It is helpful to talk about your fasting and postprandial sugar goals with your healthcare team.



## **BLOOD SUGAR TESTING GOALS**

My fasting goal is: \_\_\_\_\_

My postprandial goal is: \_\_\_\_\_

My bedtime goal is: \_\_\_\_\_

## **DO I REALLY NEED TO KEEP RECORDS?**

Yes, keep a written record (logbook) of your blood sugar readings. Today, most blood glucose meters have a memory. You can download the memory into a special computer program. The Bayer meters download to the <sup>WING</sup>GLUCOFACTS<sup>®</sup> Software from Bayer. Also, write down the date, time, and whether the self-test was done before or after eating. Other information about diet, exercise, medication, or how you are feeling is useful. Always bring your record book when you visit your healthcare team. Together, you can look for patterns in your blood sugar readings (see our Bayer Health Facts brochure on **A1C Testing**). The patterns will help you decide whether you need to adjust your plan.

## WHAT CAN I DO TO IMPROVE MY SELF-TESTING?

Follow the directions that come with the meter you are using. Talk to your healthcare team about your meter and the way to do the test. These tips may help you achieve accurate results.

- Keep your meter clean.
- Keep your testing supplies at room temperature.
- Check the expiration date of your testing supplies.
- Be sure your meter is properly coded to the test strips you are using. Meters that offer **NO CODING™** technology reduce the steps in the testing process and help you get easy, accurate results.
- Wash your hands in warm, soapy water. Dry them well.
- Put your hand down to let gravity help the blood flow to your fingertips.
- Prick the side of your finger with a new lancet in a lancing device.
- Get enough of a blood drop to apply to the test strip.
- Record your results.





Yes, you can manage your diabetes. Blood sugar testing is a big part of your diabetes management. By self-testing, you can tell what your blood sugar levels are and how well your diabetes plan is working.

Just remember—the power to manage your health is in your hands.

For more information about Diabetes Care Systems and support from Bayer, or help with your diabetes testing supplies, call our toll-free

Customer Service Help Line at

1-800-348-8100 (24 hours, 7 days a week).

You can also visit our web site at:

[www.BayerDiabetes.com/us](http://www.BayerDiabetes.com/us)



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[www.diabeteseducator.org](http://www.diabeteseducator.org)