

Tips for Testing Your Blood Sugar

Name: _____ Type of Meter: _____

When should I test?

- Before a meal or 2 hours after the **START** of a meal are good times.
It is important to vary the time of day you test and write it down.
Test more often when you are not feeling well.
- Test if you think your blood sugar is too low or too high.
- Talk to your doctor or diabetes educator about how often to test and what your blood sugar goals should be.

	Breakfast			Lunch			Dinner			Bedtime
Date	Before	After	Comment	Before	After	Comment	Before	After	Comment	

The American Diabetes Association recommends:

- 80 – 130 mg/dl before a meal
 - Less than 180 mg/dl two hours after the start of a meal
 - A1C less than 7% or Estimated Average Glucose below 155 mg/dl
- ✓ Test for one week before your next doctor’s appointment and bring your log.

