

# Survival Skills....Self Blood Glucose Monitoring (SBGM)



## What is Self Blood Glucose Monitoring?

- Checking a drop of blood in a glucose meter to see how much glucose (sugar) is in it.

## Why do I check my blood glucose?

- The more you check your blood glucose, the more you know how food, exercise and medicine affect it.
- You will know when your blood glucose is too high or too low and you can treat the problem right away. **Rely on your numbers, not how you feel.**
- Your health care team will use your **results** to **help you better control your diabetes.**

## What number should my blood glucose be?

- **Talk with your doctor** to see if these **“target” numbers** are right for you and how high or low your glucose should be before you call him or her.

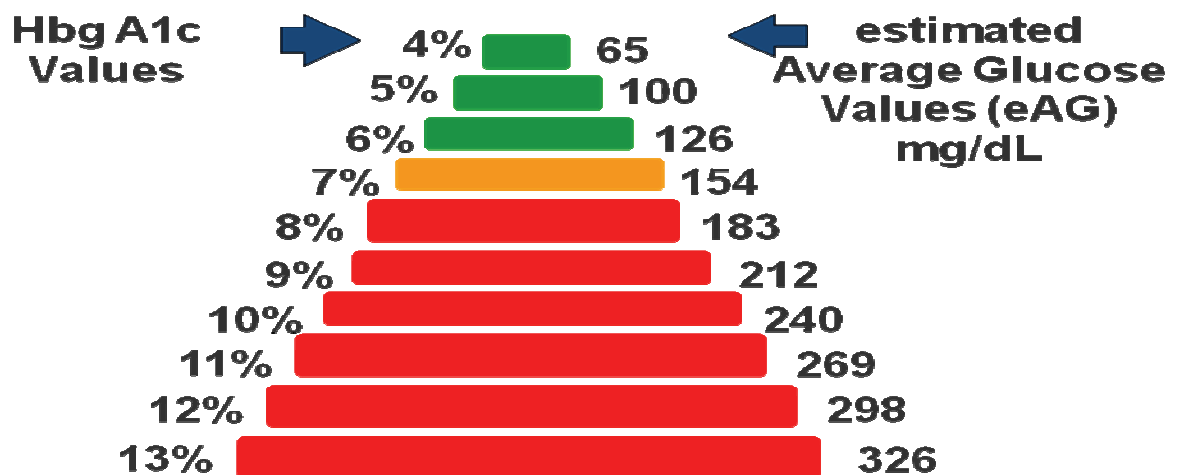
Target Blood Glucose Ranges	
Fasting/Pre Meal (before eating Meals)	80-110
Post Meal (2 hours after eating)	80-140
Before Going to Bed	100-140
Hgb A <sub>1</sub> C	< 6.5%

## How often should I check my blood glucose?

We suggest you check your blood glucose **at least two times a day, in pairs**. A pair is right before and two hours after you start the same meal, or before bed and first thing the next morning. It is a good idea to check your blood glucose other times also, such as

- when you are sick
- before and after you exercise
- when you think your blood glucose is too high or low

## Hemoglobin A1c



Please call **1-800-SENTARA (736-8272)** to sign up for the **“Healthy Living with Diabetes”** classes